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ABSTRACT

This manual presents a schoolwide walking program that includes aerobic fitness information, curriculum integration, and walking tours. "Discover and Understand Carolina Kids by Walking" is D.U.C.K. Walking. An aerobic walking activity, D.U.C.K. Walking has two major goals: (1) to promote regular walking as a way to exercise at any age; and (2) to emphasize that good health begins with the help of family, friends, and school. Included in this manual are hints for the implementation and maintenance of a schoolwide walking program. Sample lesson plans provide guidance for 30 weeks of walking each year. In Level 1, classes accumulate "class miles" each week as they study about fitness walking. In Level 2, classes may relate the week's "class miles" to an imaginary tour of South Carolina. Further, students may relate imaginary tours to existing field trips and family trips. Level 3, "Going the Extra Mile," is an integrated approach to health, social studies, mathematics, language arts, science, physical education, and fine arts. Bulletin board hints, a sample recording sheet, examples of "extra mile" topics, "D.U.C.K. Call" (a sample newsletter), school and family walking activities, and family D.U.C.K. walks are appended. (Contains approximately 80 references.) (LL)

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D.U.C.K. WALKING

Jenifer J. Steller

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DISCOVER and UNDERSTAND CAROLINA, KIDS,

by WALKING

Discover and Understand Carolina, Kids, by Walking is D.U.C.K. Walking. An aerobic walking activity, D.U.C.K. Walking has two major goals. The first is to promote regular walking as a fun way to exercise at any age. The second goal is to emphasize that good health begins with the help of family, friends, and school.

Participation in the activity may be achieved at several levels. Teachers, parents, and students may choose the levels which best suit their needs. At least twenty minutes during one school day each week are devoted to aerobic walking. Usually this time will be the minimum time needed to walk one mile. Classes may wish, however, to walk for shorter periods several times during the week.

Teachers, aides, staff, and parents walk with the students. Resource persons may coordinate D.U.C.K. Walking and maintain the walking routes. A D.U.C.K. Walking bulletin board can be an informational center and may be the responsibility of the entire school; that is, each class takes responsibility for the board at least one week during the school year. Upper grades may be accountable for tallying the mileage of classes and the school.

Included in this manual are successful hints for the implementation and maintenance of a schoolwide walking program. Sample lesson plans provide guidance for thirty weeks of walking each year. In Level One, classes accumulate "class miles" each week as they study about fitness walking. In Level Two, classes may relate the week's "class miles" to an imaginary tour of South Carolina which has been divided into the Upcountry, the Midlands, and the Coastal Region. Further, students may relate imaginary tours to existing field trips and family trips.

Teachers enhance the walking activity by volunteering to use "Extra Mile" activities. In Level Three, D.U.C.K. Walking, therefore, can be an integrated approach to health, social studies, mathematics, language arts, science, physical education, and the fine arts. Teachers, students, and families can "go the extra mile" by discovering how subject ideas relate to their walking. Subsequently, schools may write a study of new states.

By Jenifer J. Steller

Originally prepared for Woodland Heights Elementary School in Spartanburg, South Carolina, this manual presents a schoolwide walking program that includes aerobic fitness information, curriculum integration, and "walking tours" of the Upcountry, the Midlands, and Coastal Region of South Carolina.

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Thirty weekly lessons are included. Follow the lessons each week to learn about walking for good health. Teachers should adapt language and topics to the needs of their students.

D.U.C.K. Walking.....29 to 126

There are thirty tours each for the Upcountry (page 30), the Midlands (page 69), and the Coastal Region (page 93) of South Carolina. Choose the region that the class/school wishes to tour. Begin with the origin listed in the manual or with a location nearest the school. For each region, follow the weekly tours through the cycle. Topics are featured for a variety of subject areas. Teachers should adapt language and topics to the needs of their students.

Going the Extra Mile..127 to 130

Suggested activity areas are health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Teachers and students may use these ideas or create their own. A record checklist is included.

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LEVEL ONE

Each week an individual will walk one aerobic mile.

I. Weekly Fitness Walking Concepts (pages 17-28)

Fitness
Aerobic fitness
Walking as an aerobic activity
Benefits of aerobic walking
Warm-up and cool-down
Stretching
Proper shoes for walking
Dressing for walking and the weather
Walking technique
Frequency
Intensity
Time/duration
Pulse rate
Walking safety
Walking and good nutrition
Creating a personal aerobic program

II. Mileage

At least twenty minutes during one school day each week is devoted to aerobic walking. Usually this time will be the minimum time needed to walk one mile. Classes may wish, however, to walk for shorter periods several times during the week.

A class completes walking at least one mile each week. The class totals the number of miles that the entire class walked as individuals. Classes achieve "class miles." For example, twenty-five students in a class walk one mile each during the week. The class achieves twenty-five "class miles." Classes continue to total their "class miles" for the school year.

NOTE: Teachers, aides, staff, and parents walk with the students and discuss weekly fitness walking concepts (pages 17-28). Resource persons may help coordinate D.U.C.K. Walking by providing guidance and supplementary materials, as well as maintaining the walking routes (Appendixes). A D.U.C.K. Walking bulletin board may be the responsibility of the entire school: each class is responsible for at least one week during the school year (page 132). Upper grades may be accountable for tallying the mileage of classes and the school (page 133). There are successful hints for the introduction and implementation of schoolwide walking included in this manual (pages 6 and 7).

LEVEL TWO

Each class follows an imaginary tour that corresponds to the "class miles."

I. Discover and Understand Carolina, Kids (pages 29-126)

The Upcountry
The Midlands
The Coastal Region

II. Tour guide

Classes accumulate "class miles" each week. From the beginning, the school should try to involve children in a year-long walking program to help them establish a pattern of walking regularity. This is a major purpose of D.U.C.K. Walking.

Classes relate the week's "class miles" to an imaginary tour of South Carolina which has been divided into the Upcountry, the Midlands, and the Coastal Region (pages 29 through 126). Further, students may relate imaginary tours to existing field trips and family trips.

There are thirty tours each for the Upcountry (pages 30-68), the Midlands (pages 69-92), and the Coastal Region (pages 93-125) of South Carolina. Each region may take one school year to complete. A year-long plan follows: (1) Choose the region that the class/school wishes to tour; (2) Begin with the origin listed in the manual or with a location nearest the school; (3) For each region, follow the weekly tours through the cycle. Topics are featured for a variety of subject areas. Teachers should adapt language and topics to the needs of their students. For guidance, sample lessons plans are included (pages 8-16).

A school bulletin board map may showcase a walking tour for each week. To ease the obligation of the bulletin board, assign each class responsibility for at least one week during the school year. Have an after-school D.U.C.K. Club for students to help or devote a staff/volunteer meeting to organizing the bulletin board for the year. Suggestions follow: (1) Cut fifteen sheets of poster board in half; (2) For the thirty weekly tours, take the thirty sheets of poster board and divide them among the teachers/volunteers/D.U.C.K. Club; (3) From the manual, duplicate the weekly health lessons and the tours; (4) On each weekly poster, rubber cement these items, along with brochures/post cards illustrating the tour; (5) Post mileage and accomplishments.

NOTE: Information about South Carolina trails is taken from *South Carolina Trails* by Allen de Hart (Chester, Connecticut: The Globe Pequot Press). Check the reference section for further information about a destination.

LEVEL THREE

"Going the Extra Mile" is an integrated approach to health, social studies, mathematics, language arts, science, physical education, and fine arts. This level enhances the walking tour concept by relating the walking and touring to the student's own experiences. These activities can introduce new ideas and/or relate classroom studies to D.U.C.K. Walking.

I. Suggested activity areas (pages 127-130 and Appendixes)

Health
Social Studies
Mathematics
Language Arts
Science
Physical Education
Fine Arts
Family Activities

II. Charted material

Teachers enhance the walking by volunteering to use "Extra Mile" activities (pages 127-130 and Appendixes). D.U.C.K. Walking, therefore, can be an integrated approach to health, social studies, mathematics, language arts, science, physical education, and the fine arts. Teachers, students, and families can "go the extra mile" by discovering how subject ideas relate to their walking.

Suggested "Extra Mile" activities are included (pages 127-130 and "D.U.C.K. Soup"). Teachers and students may use these ideas or create their own. Resource persons may want to network ideas through a teacher newsletter. Other sources of activities can be found in the following books by Robert Sweetgall and Robert Neeves: *Walking for Little Children*, *Walking Wellness: The Student Workbook*, and *Walking Wellness Teacher's Guide*. A walking newsletter is *The NEW Teacher: The National Elementary Walking Teacher*. (Publications are from Creative Walking, Inc., P. O. Box 50296, Clayton, Missouri 63105.)

III. Discover and Understand Communities, Kids, by Walking:

D.U.C.K. Walking Other States

A sample form and example (pages 140-141) illustrate how D.U.C.K. Walking programs can be written for other states. Let this be a writing and walking project prepared by children and their teachers. Please share your project: Jenifer J. Steller, Health Educator, Health Promotion, South Carolina DHEC, 151 East Wood Street, P. O. Box 4217, Spartanburg, South Carolina 29305.

GETTING THE D.U.C.K.S IN A ROW

The following are suggestions for getting ready to D.U.C.K. Walk. Teachers know their students so they should feel free to adapt all topics and language to the ages and ability levels of the students.

1. Talk with students about good health and fitness. Discuss why regular walking is a good fitness activity.

2. Have students map and walk their own neighborhoods with their families.

3. Introduce students to the basics of D.U.C.K. Walking and discuss any questions. See page seven for information.

4. For grades K-2, read Robert McCloskey's *Make Way for Ducklings* (New York: The Viking Press, 1941) or Jane Werner's *The Fuzzy Duckling* (Racine, Wisconsin: Western Publishing Company, Incorporated, 1949).

The example that follows may be a good way to introduce students to the basics. The letter is from Jr. Walker, the mascot for D.U.C.K. Walking.

Hello everyone!

With the help of your classroom teacher, you will walk one mile each week for good health and fun. Your teacher can tell you why walking is good for you. Also you can learn about the school grounds and see how walking and your school subjects can go together. I will see you each week on the bulletin board outside the cafeteria. I will let you know how far everyone has walked during the year. I will give you good health information, too. You can also take an imaginary tour through an area of South Carolina. Each week if you added everyone's miles in your classroom, you would have enough miles to go to these places. Take time to read, study, and discuss them with your classmates so that you can learn about South Carolina.

To your good health,

Jr. Walker

STEPS TO EASY IMPLEMENTATION

1. Start out simple. Help establish a positive attitude toward walking. Utilize the walking field trips and walking games in *Walking for Little Children* (Sweetgall and Neeves) or consult this manual's "Level Three" and "D.U.C.K. Soup" for ideas that other teachers have used successfully. Stay simple as long as you like! Use what you need. Create! Gradually begin to introduce fitness walking concepts and exercise. "Level One" of this manual includes thirty weeks of fitness walking lessons. The sample lesson plans that follow provide monthly and weekly suggestions for introducing health concepts. Again, use what you need, expand, and share!

2. From the beginning, try to involve children in a year-long walking program to help them establish a pattern of walking regularity. This is a major purpose of D.U.C.K. Walking; in fact, completing all the imaginary tours in "Level Two" will take three years (i.e. one year for the Upcountry, one year for the Midlands, and one year for the Coastal Region). See page four for directions. Use what you need. Create and share!

3. "Do not hesitate to repeat specific walking exercises. True learning comes from reinforcement" (Sweetgall and Neeves). Emphasize self-improvement instead of competition among students and classes. Whenever reasonable, walk! Instead of the suggested twenty minute walk weekly, try taking the class out on walks every day - even if only for ten minutes.

4. Invite parents and staff to participate actively in your walking lessons. For example, have regular "DUCK Dads," "DUCK Moms," and grandparents. Have sign-up sheets for volunteer help during registration, parent-teacher meetings, and conferences.

5. Record mileage and activities in one central location (e.g. the office check-out desk). Consider using the sample recording sheet on page 133 in the Appendixes. Document class walks in a class scrapbook or journals. Use a central bulletin board as a D.U.C.K. informational center. Have upper grades be accountable for tallying the mileage for individual classes and the entire school. To ease the obligation of the bulletin board, assign each class responsibility for at least one week during the school year. Have an after-school D.U.C.K. Club for students to help or devote a staff/volunteer meeting to organizing the bulletin board for the year. Suggestions follow: (1) Cut fifteen sheets of poster board in half. (2) For the thirty weeks, take the thirty sheets of poster board and divide them among the teachers/ volunteers/D.U.C.K. Club. (3) From the manual, duplicate the weekly health lessons and the tours. (4) On each weekly poster, rubber cement these items, along with brochures/post cards illustrating the tour. Laminate. Post mileage and accomplishments.

SAMPLE D.U.C.K. WALKING LESSON PLANS FOR ONE YEAR

To Promote Healthy Lifestyles for Ourselves and Families,

To Provide Experiential Learning Activities, and

To Provide Team Work Experiences for Safety and Class/School Walking Goals

1. September's Theme: "Win with Wellness"

* Healthy people take care of their bodies by eating healthful food, getting rest, and exercising.
* Walking is a fun way to exercise at any age.
* Good health begins close to home with the help of family, friends, and school.

2. October's Theme: "Wellness Is a Team Effort"

* Mind, mouth, and muscles work together for good health.
* Class members cooperate as a team while D.U.C.K. Walking.
* Woodland Heights Elementary has a team goal to walk 12,000 miles in thirty weeks.

3. November/December's Theme: "Woodland Heights Is a Winning Team"

* The F.I.T. Rule is a good rule for exercise.
* Class teams walk tall and get fit while D.U.C.K. Walking.
* Class teams help the Woodland Heights Team achieve a walking goal of 400 aerobic miles each week.

4. January's Theme: "Go Team!"

* We do not want to lose the aerobic training benefits we have worked so hard to accomplish. Let's keep walking!
* We each listen to our individual bodies. Our bodies tell us if we are getting enough exercise for fitness but not too much for safety.

5. February's Theme: "Stronger Hearts for Heart Month!"

* Moving faster is the best way to increase the "work" of walking.
* Class teams stay together for aerobic walking, stronger hearts, and safety.

6. March's Theme: "Good Nutrition Is Exercise's Best Friend"

* Remember to eat larger amounts of complex carbohydrates and lower amounts of fat.
* Try to develop the habit of always taking a short relaxed walk after every meal of your life.
* At other times, walk for time, not speed.

7. April's Theme: "Make Walking a Natural, Daily Habit"

* For every minute you walk, you can extend your life by as much as two minutes.
* Develop a walking schedule suitable to your lifestyle and liking.
* By sampling a variety of walks or other aerobic exercises, your mind and body can judge what's best for you.

8. May's Theme: "Our School Is Fit for Fitness Month"

* Healthy people take care of their bodies by eating healthful food, getting rest, and exercising.
* Class members cooperate for good health and a walking goal.
* The school works hard for good health and a walking goal.

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SEPTEMBER D.U.C.K. WALKING

THEME: WIN WITH WELLNESS

Concepts:

1) Healthy people take care of their bodies by eating healthful food, getting rest, and exercising.

2) Walking is a fun way to exercise regularly at any age.

3) Good health begins close to home with the help of family, friends, and school.

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
Fitness Walking Lesson: Week One (page 18) - "Physical Fitness"	Fitness Walking Lesson: Week Two (page 18) - "Aerobic Exercise"	Fitness Walking Lesson: Week Three (page 18) - "Aerobic Walking"	Fitness Walking Lesson: Week Four (page 19) - "Aerobic Benefits"
South Carolina Tour: The Coast - "Historic Charleston" (pages 93-96) or The Midlands - "Columbia's Museums" (pages 69-70) or The Upcountry - "Spartanburg County" (pages 30-31)	South Carolina Tour: The Coast - "Charleston" (pages 97-98) or The Midlands - "Columbia's Historic Churches and Homes" (pages 71-72) or The Upcountry - "Spartanburg County" (pages 32-33)	South Carolina Tour: The Coast - "Charles Towne Landing, Citadel, and Wadmalaw Island" (pages 99-100) or The Midlands - "Columbia's Historic Homes and Buildings" (pages 73-74) or The Upcountry - "Spartanburg County" (pages 34-35)	South Carolina Tour: The Coast - "Seabrook Island and Barrier Island" (page 100) or The Midlands - "Columbia's Parks" (page 75) or The Upcountry - "Cross Anchor, Enoree, Union, and Whitmire" (pages 36-37)
"Extra Mile" Suggestions: 1. See pages 6 and 7, and have the class set a class walking goal. 2. Have students help set a school walking goal. 3. Discuss class walking behavior and safety. 4. Get parent volunteers involved.	"Extra Mile" Suggestions: 1. Discover the school grounds with your students while walking. 2. Explore a new walking route. 3. See Level Three. 4. Have students log family walking miles.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup.	"Extra Mile" Suggestions: 1. The fifth grade is Barrier Island Bound! (Please share your experiences with us later.) 2. Do you want staff D.U.C.K. Walks?

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OCTOBER D.U.C.K. WALKING

THEME: WELLNESS IS A TEAM EFFORT

Concepts:

1) "Mind, mouth, and muscles work together for good health." (Sweetgall, *Walking Off Weight*)

2) Class members cooperate as a team while D.U.C.K. Walking.

3) Woodland Heights Elementary has a team goal to walk 12,000 miles in thirty weeks.

WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT
Fitness Walking Lesson: Week Five (page 19) - "Warm-up and Cool-down"	Fitness Walking Lesson: Week Six (page 19) - "Stretching"	Fitness Walking Lesson: Week Seven (page 20) - "Walking Shoes"	Fitness Walking Lesson: Week Eight (page 20) - "Walking Clothes"
South Carolina Tour: The Coast - "Kiawah Island and Folly Beach" (page 101) or The Midlands - "Lake Murray" (page 76) or The Upcountry - "Newberry and Winnsboro" (page 38)	South Carolina Tour: The Coast - "Drayton Hall, Magnolia Gardens, Middleton Place" (pages 102-103) or The Midlands - "Lexington and Saluda" (page 76) or The Upcountry - "Landsford Canal State Park and Lancaster" (page 39)	South Carolina Tour: The Coast - "Givans Ferry State Park and Summerville" (page 104) or The Midlands - "Edgefield" (page 77) or The Upcountry - "Andrew Jackson State Park and Rock Hill" (pages 40-41)	South Carolina Tour: The Coast - "Old Dorchester State Park, Boone Hall, and Mt. Pleasant" (page 105) or The Midlands - "Thurmond Lake" (page 77) or The Upcountry - "York and King's Mountain National Military Park" (pages 42-43)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Have students identify the warm-up and cool-down phases of their walk.	"Extra Mile" Suggestions: 1. Have the class incorporate stretches after a vigorous walk. 2. See Level Three. 3. Have students log family walking miles. 4. Discuss how family walking is a team effort.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup. 3. Discuss any "shoe-tying delays" that the class may experience. Have them decide a way to solve this problem.	"Extra Mile" Suggestions: 1. Discuss walking and the weather with students. Have them identify ways that they can be prepared to dress correctly. 2. Does the class have an alternate D.U.C.K. Walking plan when there is inclement weather? Work this out with your parent volunteers.

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NOVEMBER/DECEMBER WALKING

THEME: WOODLAND HEIGHTS IS A WINNING TEAM

Concepts:

1) The F.I.T. Rule is a good rule for exercise.

2) Class teams walk tall and get fit while D.U.C.K. Walking.

3) Class teams help the Woodland Heights team achieve a walking goal of 400 aerobic miles each week.

WEEK NINE	WEEK TEN	WEEK ELEVEN	WEEK TWELVE	WEEK THIRTEEN
Fitness Walking: Week Nine (page 21) - "Good Posture"	Fitness Walking: Week Ten (page 21) - "The F.I.T. Rule"	Fitness Walking: Week Eleven (page 21) - "Frequency"	Fitness Walking: Week Twelve (page 22) - "Intensity"	Fitness Walking: Week Thirteen (page 22) - "Taking a Pulse"
South Carolina Tour: The Coast - "Fort Sumter and Fort Moultrie" (page 106) or The Midlands - "Aiken" (page 78) or The Upcountry - "Gaffney and Cowpens National Military Park" (pages 44-45)	South Carolina Tour: The Coast - "Sullivan's Island and Isle of Palms" (page 107) or The Midlands - "Barnwell" (page 79) or The Upcountry - "Cherokee Foothills Scenic Highway to Pickensville" (page 45)	South Carolina Tour: The Coast - "Cape Romain Wildlife Refuge and Capers Island" (page 107-108) or The Midlands - "Allendale" (page 79) or The Upcountry - "Lake Bowen and Horse Country" (page 46)	South Carolina Tour: The Coast - "McClellanville, Santee Coastal Reserve, and Hampton Plantation State Park" (pages 108-109) or The Midlands - "Denmark and Bamberg" (page 80) or The Upcountry - "Campobello, Glassy Mountain, and Historic Bridges" (page 47)	South Carolina Tour: The Coast - "Georgetown Area" (pages 110-111) or The Midlands - "Orangeburg" (page 81) or The Upcountry - "Jones Gap Area" (page 48)
"Extra Mile" Suggestions: 1. Check students' walking postures. 2. Notice the extra days allowed in the schedule. 3. Monitor children closely in the cold weather. For example, be aware of a child with asthma.	"Extra Mile" Suggestions: 1. Discuss the meaning of FIT. 2. Have students identify the three aerobic activities they participate in at school to fulfill frequency requirements (e.g. two aerobic/skill workouts in physical education class weekly and D.U.C.K. Walking).	"Extra Mile" Suggestions: 1. Help students design a fun aerobic fitness program for the school. Let us hear their ideas. 2. Help students design a fun aerobic fitness program for their families to enjoy.	"Extra Mile" Suggestions: 1. See Level Three. 2. See D.U.C.K. Soup.	"Extra Mile" Suggestions: 1. Try to "work in" this walk amid all the holiday celebrations. 2. Help students take their pulse rates. We have been working on this in physical education class. 3. Have a safe and happy holiday season.

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JANUARY D.U.C.K. WALKING

THEME: GO TEAM!

Concepts:

1) We do not want to lose the aerobic training benefits we have worked so hard to accomplish. Let's keep walking!

2) The F.I.T. Rule is a good rule for exercise.

3) We each listen to our individual bodies. Our bodies tell us if we are getting enough exercise for fitness but not too much for our safety.

WEEK FOURTEEN	WEEK FIFTEEN	WEEK SIXTEEN	WEEK SEVENTEEN
Fitness Walking Lesson: Week Fourteen (page 23) - "Target Heart Rate"	Fitness Walking Lesson: Week Fifteen (page 23) - "Time"	Fitness Walking Lesson: Week Sixteen (page 24) - "Low Resting Heart Rate"	Fitness Walking Lesson: Week Seventeen (page 24) - "Listen to Your Body"
South Carolina Tour: The Coast - "Grand Strand, Part One" (page 112-113) or The Midlands - "Santee and Summerton" (page 82) or The Upcountry - "Caesars Head State Park" (page 49)	South Carolina Tour: The Coast - "Grand Strand, Part Two" (page 113) or The Midlands - "Batesville" (page 82) or The Upcountry - "Table Rock State Park" (page 80)	South Carolina Tour: The Coast - "Francis Marion National Forest and Moncks Corner" (pages 114-115) or The Midlands - "Manning" (page 83) or The Upcountry - "Table Rock State Park Trail System" (pages 80-81)	South Carolina Tour: The Coast - "Francis Beidler Forest" (page 115) or The Midlands - "Kingstree" (page 83) or The Upcountry - "Pickens County Museum, Hagood Mill, Twin Falls" (page 82)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Have older students calculate their target heart rates. 4. Monitor children closely in the cold.	"Extra Mile" Suggestions: 1. Have the class incorporate stretches after a walk in the cold. 2. See Level Three. 3. Take advantage of the sunshine to find time to walk.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup. 3. Have older children calculate record their resting heart rate. Have them compare/contrast it weekly.	"Extra Mile" Suggestions: 1. Discuss walking and the weather with students. Have them identify ways that they can be prepared to dress correctly. 2. Does the class have an alternate D.U.C.K. Walking plan when there is inclement weather? Work this out with your parent volunteers.

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FEBRUARY D.U.C.K. WALKING

THEME: STRONGER HEARTS FOR HEART MONTH!

Concepts:

1) We do not want to lose the aerobic training benefits we have worked so hard to accomplish. Let's keep walking!

2) Moving faster is the best way to increase the "work" of walking.

3) Class teams stay together for aerobic walking, stronger hearts, and safety.

WEEK EIGHTEEN	WEEK NINETEEN	WEEK TWENTY	WEEK TWENTY-ONE
Fitness Walking Lesson: Week Eighteen (page 24) - "Increasing Cadence"	Fitness Walking Lesson: Week Nineteen (page 25) - "Walking the Trail"	Fitness Walking Lesson: Week Twenty (page 25) - "Safe Walking Routes"	Walking Lesson: Week Twenty-One (page 25) - "A Nutritious Diet"
South Carolina Tour: The Coast - "Colleton State Park and Walterboro" (page 116) or The Midlands - "Lake City" (page 84) or The Upcountry - "Keowee-Toxaway State Park and the World of Energy" (page 83)	South Carolina Tour: The Coast - "Hampton and Yemassee" (page 117) or The Midlands - "Conway" (page 84) or The Upcountry - "Lake Jocassee and Lake Keowee" (page 54)	South Carolina Tour: The Coast - "Hardeeville and Savannah National Wildlife Refuge" (pages 117-118) or The Midlands - "Marion and Mullins" (page 85) or The Upcountry - "Whitewater Falls, Fish Hatchery, and Chattooga River" (page 55)	South Carolina Tour: The Coast - "Daufuskie Island and Bluffton" (page 118) or The Midlands - "Dillon" (pages 85-86) or The Upcountry - "Oconee State Park, Stumphouse Tunnel, and Seneca" (pages 56-57)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Have older students calculate their steps per minute. 4. Identify the differences between race walking and increasing the cadence. 5. Monitor children closely in the cold.	"Extra Mile" Suggestions: 1. Have the class incorporate stretches after a walk in the cold. 2. See Level Three. 3. Take advantage of the sunshine to find time to walk. 4. Walking on a rough but level trail requires fifty percent more energy than walking on a paved road. Climbing a fifteen degree slope requires four times as much effort as walking a level surface.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See pages D.U.C.K. Soup. 3. Have children identify safety hazards along the school's nature trail. 4. Have older children continue to monitor resting and target heart rates.	"Extra Mile" Suggestions: 1. Discuss nutrition as a team effort with exercise. 2. Have students identify good snacks for hiking. 3. Talk with Health Promotion for good ideas concerning nutrition.

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MARCH D.U.C.K. WALKING

THEME: GOOD NUTRITION IS EXERCISE'S BEST FRIEND

Concepts:

1) Remember to eat larger amounts of complex carbohydrates and lower amounts of fat.

2) Try to develop the habit of always taking a short relaxed walk after every meal of your life.

3) At other times, walk for time, not speed. The human body was designed to be a 3.5 miles *per hour* walking machine; that is, try to walk approximately 17 *minutes* per mile (9 years or older).

WEEK TWENTY-TWO	WEEK TWENTY-THREE	WEEK TWENTY-FOUR	WEEK TWENTY-FIVE
Fitness Walking Lesson: Week Twenty-Two (page 26) - "Complex Carbohydrates"	Fitness Walking Lesson: Week Twenty-Three (page 26) - "Controlling Weight"	Fitness Walking Lesson: Week Twenty-Four (page 26) - "Training Benefits"	Fitness Walking Lesson: Week Twenty-Five (page 27) - "Walking Self-Check"
South Carolina Tour: The Coast - "Hilton Head Island and Pinckney Island National Wildlife Refuge" (page 119) or The Midlands - "Bennettsville" (page 86) or The Upcountry - "Clemson and Pendleton" (pages 58-59)	South Carolina Tour: The Coast - "Beaufort and Parris Island" (page 120) or The Midlands - "Sandhill State Forest" (page 87) or The Upcountry - "Anderson and Hartwell Areas" (pages 59-60)	South Carolina Tour: The Coast - "Beaufort Area" (pages 121- 122) or The Midlands - "Hartsville and Darlington" (page 88) or The Upcountry - "Abbeville" (pages 60-61)	South Carolina Tour: The Coast - "St. Helena Island, Hunting Island State Park, and Fripp Island" (pages 122-123) or The Midlands - "Florence" (page 89) or The Upcountry - "Greenwood and Ninety Six" (pages 62-63)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Have students list foods that are high in complex carbohydrates and low in sugar.	"Extra Mile" Suggestions: 1. See Level Three. 2. Take advantage of the sunshine to find time to walk. 3. Utilize the "Walking Calories Chart" on the D.U.C.K. Walking bulletin board. 4. Try the "M & M Walk."	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup. 3. Have children identify safety hazards along the school's nature trail. 4. Have older children continue to monitor resting and target heart rates.	"Extra Mile" Suggestions: 1. Have students answer the questions for the health lesson this week in the D.U.C.K. manual. 2. Have students design an exercise plan for the spring and the summer. Example: "What will I do?" "When?" "Where?" "How long?" "Why?"

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APRIL D.U.C.K. WALKING

THEME: MAKE WALKING A NATURAL, DAILY HABIT

Concepts:

1) For every minute you walk, you can extend your life by as much as two minutes.

2) Develop a walking schedule suitable to your lifestyle and liking.

3) By sampling a variety of walks or other aerobic exercises, your mind and body can judge what's best for you.

WEEK TWENTY-SIX	WEEK TWENTY-SEVEN	WEEK TWENTY-EIGHT	WEEK TWENTY-NINE
Fitness Walking Lesson: Week Twenty-Six (page 27) - "Exercise Plan"	Fitness Walking Lesson: Week Twenty-Seven (page 27) - "Family Plan"	Fitness Walking Lesson: Week Twenty-Eight (page 28) - "Family D.U.C.K.s"	Fitness Walking Lesson: Week Twenty-Nine (page 28) - "Family Hikes"
South Carolina Tour: The Coast - "Edisto Island and Edisto Island State Park" (page 124) or The Midlands - "Bishopville" (pages 89-90) or The Upcountry - "Belton" (page 64-65)	South Carolina Tour: The Coast - "Retracing Washington's Coastal Tour" (page 126) or The Midlands - "Camden" (page 90) or The Upcountry - "Paris Mountain State Park and Furman" (page 65)	South Carolina Tour: The Coast - "Retracing Washington's Coastal Tour" (page 126) or The Midlands - "Sumter" (page 91) or The Upcountry - "Greenville" (pages 66-67)	South Carolina Tour: The Coast - "Retracing Washington's Coastal Tour" (page 126) or The Midlands - "Poinsett State Park" (pages 91-92) or The Upcountry - "Roper Mountain" (pages 67-68)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Have students design an exercise plan for their families. Example: "What will we do?" "When?" "Where?" "How long?" "Why?	"Extra Mile" Suggestions: 1. See Level Three. 2. Ask students to map D.U.C.K. Walking routes in their neighborhoods. 3. Suggest building in a hilly terrain to increase the intensity (effort) of the aerobic workout.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup. 3. Have children identify places to walk in their town.	"Extra Mile" Suggestions: 1. Have students identify places they would like to walk in the Coastal Region. 2. Continue suggesting that we should each try to make walking a natural, daily habit.

MAY D.U.C.K. WALKING

THEME: OUR SCHOOL IS FIT FOR FITNESS MONTH

Concepts:

1) Healthy people take care of their bodies by eating healthful food, getting rest, and exercising.

2) Class members cooperate for good health and a walking goal.

3) The school works hard for good health and a walking goal.

WEEK THIRTY	WEEK THIRTY-ONE	WEEK THIRTY-TWO	WEEK THIRTY-THREE
Fitness Walking Lesson: Week Thirty (page 28) - "Choose and Use an Aerobic Plan"	Fitness Walking Lesson: Week Thirty-One - (Teacher's Choice)	Fitness Walking Lesson: Week Thirty-Two - (Teacher's Choice)	Fitness Walking Lesson: Week Thirty-Three - (Teacher's Choice)
South Carolina Tour: The Coast - "Retracing Washington's Coastal Tour" (page 125) or The Midlands - "Congaree" (page 92) or The Upcountry - "Greenville/ Spartanburg Airport" (page 68)	South Carolina Tour: (Teacher's Choice)	South Carolina Tour: (Teacher's Choice)	South Carolina Tour: (Teacher's Choice)
"Extra Mile" Suggestions: 1. Continue to discover the school grounds with your class. 2. Update the class on their class miles and their contribution to the school total. 3. Help students identify aerobic plans that each of them can make a daily habit. 4. Encourage students and their families to participate in activities planned for "Physical Education and Sports Week."	"Extra Mile" Suggestions: 1. See Level Three. 2. Have students design a summer fitness plan. 3. What is your summer fitness plan? 4. Help students make plans to celebrate fitness month.	"Extra Mile" Suggestions: 1. Log your own miles that you walk at home. 2. See D.U.C.K. Soup. 3. Have children identify safety hazards along the school's nature trail. Consider picking up litter. 4. Have older children continue to monitor resting and target heart rates.	"Extra Mile" Suggestions: "Everyone enjoy a fun, safe, and healthful summer." Keep moving!

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LEVEL ONE

FITNESS WALKING

Thirty Weekly Lessons

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WEEK ONE

1. What is physical fitness? Physical fitness is the condition of your body. Good physical fitness and good health go together. Healthy people take care of their bodies by eating healthful food, getting rest, and exercising.

2. Walking is a good way to exercise. Walking has benefits for everyone because this exercise conditions the entire body without strain. Also you can have a good time enjoying the scenery, being with a friend, or taking time to be alone. Walking is an exercise that you can do your entire life.

3. Begin walking slowly. Take your time walking a one mile course for the first time. Each week you should be able to walk somewhat faster. Walking faster means you will take less time to walk one mile.

WEEK TWO

1. Aerobic exercise increases the heart rate and the breathing rate. Aerobic exercise can help make the heart and lungs stronger. For the exercise to be aerobic, the activity must move the large muscles of the body for twenty to thirty minutes without stopping. Walking is an aerobic exercise.

2. Continue to take your time walking the one mile course all at once. A good aerobic fitness program takes time to develop. You will find walking one mile is easier the more times you walk this distance.

WEEK THREE

1. If you have been walking at school and at home, you may have begun to walk somewhat "faster and harder" than you did when you first began. When you walk "faster and harder," you probably are walking aerobically.

2. You will feel changes in your body to let you know if you may be working too hard. If you feel dizziness, side aches, pain, nausea or any other unusual symptoms, slow down and tell an adult.

3. Remember that you are not trying to "break any time records." Begin slowly, walk briskly without stopping, and end slowly. Remember that the walk is non-stop. Always keep moving unless you are injured or experience problems.

WEEK FOUR

1. Aerobic walking has many benefits. Regular walking can help promote a healthy lifestyle. All parts of the body are exercised without too much jolting. Regular walking helps the heart and lungs perform better. A healthy heart and lungs can then supply more oxygen to the brain. You will feel alert and think more clearly. A regular walking routine can help you control your weight, too. You may also find that you sleep better and feel rested.

2. How does walking make your body feel? How does your body respond to the work of walking aerobically? How does walking help your mind and feelings? Do you enjoy your walk? What could make the walk better?

3. Always remember to replace fluids in your body. Drink at least eight glasses of water a day.

WEEK FIVE

1. By now you have begun to walk aerobically. You can feel your heart work faster and your breathing work harder. Your arms and legs move smoothly and quickly. All this time you have remembered to begin slowly, to walk non-stop briskly, and to end slowly.

2. Beginning slowly is called the warm-up. The warm-up lets your body get ready to work. The best warm-up is a slow walk. Stand up, get ready to go outside, and walk slowly for five minutes. Only then should you begin to walk faster.

3. Ending slowly is called the cool-down. The cool-down helps you return safely to a resting state. Gradually slow down during the last five minutes of your walk.

WEEK SIX

Stretching the muscles after the walk helps to prevent soreness. Hold each stretch fifteen to thirty seconds. Do not bounce, and do not force yourself to a painful stretch. Stretch each side. The following are good body stretches:

<u>Leg Stretches</u>

<u>Reach and Bend</u>

<u>Side Stretch</u>

WEEK SEVEN

1. All the equipment you need for walking are comfortable shoes and clothing.

2. The following suggestions about shoes come from *Walking for Fun and Fitness* by Channing L. Bete, Company, Incorporated:

   a. Shoes should have heavy soles or a flexible cushioning material such as rubber or crepe.
   b. Shoes should fit behind the heel to prevent sliding and blistering.
   c. Shoes should have slightly elevated heels.
   d. Shoes need arch supports that are wide and comfortable.
   e. Shoes should have sturdy uppers of leather or mesh fabric to let your feet breathe.
   f. Proper fit allows for the expansion of feet. Proper fit is adequate width at the toe and about one-fourth inch between the longest toe and front of the shoe.

3. These suggestions are ideas you may want to share with your family. On D.U.C.K. Walking days, remember to wear comfortable shoes for your safety.

WEEK EIGHT

1. The following suggestions about clothing come from *Walking for Fun and Fitness* by Channing L. Bete Company, Incorporated:

   a. Clothing should be loose-fitting and right for the weather. Natural fibers that allow the skin to breathe are generally considered best.
   b. In summer, wear lightweight clothing so body heat can escape.
   c. In winter, wear several layers of clothing to trap body heat.
   d. Important also are extra clothing items such as a visor for bright days, a wool cap and mittens for cold days, and light-colored clothing or a special reflective vest for after dark.

2. These are suggestions you may want to share with your family. On D.U.C.K. Walking days, remember to wear comfortable shoes and clothing.

WEEK NINE

1. According to *Walking for Fun and Fitness*, the best way to walk is the natural way. Have your head high, your back "straight" (tall), your arms loose, your abdomen flat, and your toes pointed ahead. Breathe fully.

2. Your goal is a brisk, non-stop walk. Plant your heel first. As the heel rises, roll forward. Bend your knee slightly. Push off the ball of the foot and toes.

3. Have someone observe your walking technique to check your natural movement.

WEEK TEN

1. The F.I.T. Rule is a good rule for exercise. F in the F.I.T. Rule is for frequency or how often a person should exercise. For health benefits, you must exercise at least three times a week for twenty continuous minutes.

2. Each time include five minutes of warm-up to get your heart and other muscles ready for a workout, twenty minutes of aerobic workout ("training time"), and five minutes of cool-down to bring your body slowly back to resting.

3. At school you may have only one chance to walk during the week. For fitness you need to walk or participate in another aerobic activity at least two more times during the week.

4. In the beginning, walk twenty minutes every other day. To achieve your fitness goal may require walking four or five times a week.

WEEK ELEVEN

1. You can not "store-up" exercise so try to walk several times a week. This means walking at home, as well as at school. Try other aerobic activities to take the place of walking to fulfill your frequency requirement.

2. Remember that aerobic exercise is any form of exercise that lasts more than ninety seconds to increase supplies of oxygen. To receive healthful benefits, the aerobic activity requires continuous movement of large (skeletal) muscles for at least twenty minutes ("training time").

3. Design a fun aerobic fitness program for you and your family to enjoy. Participate at least three days a week.

WEEK TWELVE

1. The I in the F.I.T. Rule is for intensity. Intensity refers to how hard you work.

2. When you exercise, you want to "listen to your body." Your body will let you know if you are working too hard for your safety.

3. You should, however, be sure the activity is demanding enough to strengthen your heart. This is why you take a brisk, non-stop walk. The usual walking rule is a seventeen minute mile, that is, about 3.5 miles per hour.

4. Can you tell that you are now walking faster and harder than you did in the beginning? You have increased the intensity of the workout if you are working harder.

WEEK THIRTEEN

1. You can listen to your body by checking your heart beats which tell how hard you are working. This intensity check is called taking your pulse.

2. To count your heart beats use a watch that indicates seconds. Take your pulse on the neck or wrist at the peak (the point you are working hardest) of your workout. Do not stop moving (walk in-place).

Neck: Place the first two fingers (not your thumb) of your hand just below the jawline (carotid pulse).

Wrist: With the first two fingers of your watch arm, find the pulse on your other hand. Press lightly on the thumb side of your wrist.

3. Count beats for six seconds and add a zero. This number equals your heart beats per minute. (Have someone measure six seconds to make the process easier.)

4. Take your pulse while resting in your desk. What is the pulse? Record this number.

5. Measure your pulse five minutes into your walk and again just before you finish. Do not stop moving (walk in-place). Record these numbers. How do these numbers compare to the resting pulse rate?

WEEK FOURTEEN

1. Taking your pulse is a way to measure how hard you are working, that is, your intensity.

2. Taking your pulse is the best way of determining if your activity is demanding enough to strengthen your heart or is too demanding for your safety.

3. Knowing your target heart rate gives an indication if you are getting enough exercise for fitness but not too much for your safety.

4. For those of you who want the challenge of computing a target heart rate, the instructions are as follows:

(Use the number 220 for adults. With different sources, numbers and percentages for children vary slightly. The number 170 has been the most recent number recommended for children.)

170		170
- ?	*AGE*	- ?
?	*MAXIMAL HEART RATE*	?
(70%) x .7		(85%) x .85
(*MINIMUM*) ?	*TARGET HEART RATE*	? (*MAXIMUM*)

5. During a workout, a pulse rate over 85% is too high. See your second calculation.

6. During a workout, a pulse rate under 70% means you should work harder for aerobic benefits. If the workout feels tough enough, however, you should not push any harder. See your first calculation.

WEEK FIFTEEN

1. Remember the F.I.T. Rule is a good rule for exercise. F is for frequency, that is, how often you exercise. We know that for fitness we have to exercise at least three times per week.

2. I is for intensity, that is, how hard you work. We have to listen to our bodies. Knowing our heart rates gives an indication if we are getting enough exercise for fitness but not too much for our safety. We do this by taking the pulse.

3. T is for time, that is, how long you exercise. We must perform the activity non-stop for at least twenty minutes. These twenty minutes do not include the warm-up and cool-down segments.

WEEK SIXTEEN

1. How will you know when you are fit? A low resting heart rate is most often associated with people who are ("cardiovascularly") fit. Keep a record of your resting heart rate each week by taking your pulse. If your are faithfully following the F.I.T. Rule, you will probably record a change in the rate.

2. A conditioned (fit) person's heart, beating forty-five to fifty times a minute at rest, pumps the same amount of blood as does an unconditioned person's heart beating 75 to 80 times a minute.

3. In one day, the unconditioned person's heart may pump 50,000 more times than the conditioned person's heart. That is much more strain on the heart. In a year that is an extra seventeen million times.

WEEK SEVENTEEN

1. By this time you can walk or stride at a pace that raises your heart rate into its target (training) zone.

2. You want to work to a goal of gradually increasing your pace until you can complete one mile in fifteen to twenty minutes.

3. Always remember, however, to walk at a pace that you find comfortable. "Listen" to your body.

4. Are you taking time to warm-up and cool-down? Do you have two other aerobic workouts during the week?

WEEK EIGHTEEN

1. Moving faster is the best way to increase the "work" of walking.

2. As your fitness level improves, your steps per minute (cadence) must increase to keep your heart rate in its target (training) zone.

3. Adults aim for ninety to one hundred twenty steps per minute. How many steps per minute do you take? Remember that you are walking, not running.

WEEK NINETEEN

1. Most adults find it uncomfortable to walk faster than 140 to 150 steps per minute. This cadence will certainly be too much for children.

2. Once you have reached a comfortable and brisk cadence (steps per minute), you can increase the intensity (effort or work) by walking on a hilly terrain.

3. Climbing a fifteen degree slope, for example, requires nearly four times as much effort as walking on a level surface.

4. Walking on a rough but level trail requires fifty percent more energy than walking on a paved road.

5. In summary, you can increase the workout by taking more steps per minute, but you can only take as many steps as is comfortable; therefore, increase intensity with a more difficult walking route.

WEEK TWENTY

1. Remember to choose a safe route. Avoid streets with heavy traffic. Walk with a friend. Avoid deserted areas, especially at night.

2. If you are hiking, follow the trail with someone who has hiking experience. Some wilderness parks require that you sign in with the ranger.

3. An excellent guide to hiking in South Carolina is *South Carolina Trails* by Allen de Hart (The Globe Pequot Press, Chester, Connecticut).

WEEK TWENTY—ONE

1. A nutritious diet is the best friend to regular exercise. As you walk toward better health, eat more healthful foods.

2. Eat more healthful foods such as fresh fruits and vegetables, lean meat, fish and fowl, whole-grain cereals, low-fat dairy products, and polyunsaturated fats.

3. Eat fewer "unhealthful" foods such as fried and fatty foods, sweets, gravies and sauces, rich salad dressings, processed foods, refined sugar products, and salt.

WEEK TWENTY-TWO

1. The best way to enhance (better) your exercise program is to eat a balanced diet.

2. Most nutritionists suggest that you get a little over half (fifty-five to sixty percent) of your calories from complex carbohydrates, our main source of energy.

3. The following foods are all high in complex carbohydrates and low in simple sugar:

Grain and Cereals	Vegetables
Bread	Asparagus
Cornflakes (unsweetened)	Beans (dried, kidney, lima)
Cornbread	Broccoli
Pasta	Corn
Rice	Peas
	Potatoes

WEEK TWENTY-THREE

1. People often say there is no point in exercising to lose weight because exercise just makes them hungry. Several studies have shown, however, that exercise actually decreases appetite.

2. A regular walking routine can help control your weight. A moderate pace (three miles per hour) burns 300 to 360 calories per hour.

3. Walking improves digestion. Walking also improves waste elimination processes. Remember to drink at least eight glasses of water a day - more in the summer.

WEEK TWENTY-FOUR

1. If you stop exercising, will you lose all of the benefits you have worked to achieve? No matter how long you have been exercising, you must continue in order to maintain the training benefits. You can take a couple of weeks off, however, without losing all you have accomplished.

2. Aerobic capacities do diminish gradually when you stop working. In a study of athletes who maintained their exercise programs for ten years or more and then stopped training, researchers found that their aerobic capacities diminished slowly. After about twelve weeks, the amount of blood the heart can pump with one beat was about the same as that of an inactive person. After only eight weeks of "re-training," the athletes were able to return to their original aerobic capacities.

WEEK TWENTY-FIVE

1. You have been walking twenty-five weeks now. That is twenty-five miles if you walked one mile each week with your class.

2. Are you walking faster and harder than you did when you first began?

3. Are you participating in at least one aerobic activity a minimum of three days weekly?

4. Do you take time for the warm-up and cool-down segments?

5. Are you allowing yourself twenty minutes of training time?

6. Are you sharing the fun and health of aerobic activity with friends and family?

7. You do not want to lose the aerobic training benefits you have worked so hard to accomplish. Keep walking!

8. Design an aerobic exercise plan for yourself during the summer. Share it with the class.

WEEK TWENTY-SIX

1. Share different aerobic exercise programs that you design for three real or imaginary people. Consider their ages, abilities, and interests.

2. If the people are family and friends, let them help you find out what activities that they like to do. Participate in the activities. Have fun!

WEEK TWENTY-SEVEN

1. If you have not already done so, set up one or more walking routes for you and your friends or family.

2. Follow the rules of walking safety.

3. If you wish, build in hilly terrain to increase the intensity (effort) of the workout.

WEEK TWENTY-EIGHT

1. Be on the lookout for new places to walk on vacation or in your county. Do you recall places we have discussed during D.U.C.K. Walking?

2. Before you try a challenging trail, be sure to take along someone who has experience hiking.

WEEK TWENTY-NINE

1. As a family, identify places to walk in the South Carolina region you are studying. Do you recall all the many places we have discussed during D.U.C.K. Walking?

2. Again remember that if the trail is challenging, you should take along someone who has experience hiking.

WEEK THIRTY

1. Swimming, biking, and walking are fine aerobic activities. These activities work your body's largest muscles in the legs (and arms in swimming) at a constant, demanding rate.

2. Also your heart rate is maintained for the number of minutes required to meet the F.I.T. Rule. Most of us can manage to work a walk, bike ride, or swim into our busy summer week.

3. Not all sports and games are easily adapted to an aerobic exercise program. You should not give up these sports and games because every activity provides some fitness benefits, whether it is coordination (in badminton, Frisbee, softball), strength (in weight lifting), or agility (in hopscotch).

4. Above all, do not forget to have <u>fun</u>! If you really do not enjoy walking, swimming, or biking, then find an aerobic exercise that you do like and go for it!

5. Hopefully you have developed an appreciation for walking - a fun, convenient, inexpensive, healthful aerobic activity for any time of your life. KEEP MOVING!

LEVEL TWO

D.U.C.K. WALKING

Weekly Tours of South Carolina:
The Upcountry
The Midlands
The Coastal Region

The Upcountry:

SPARTANBURG COUNTY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Spartanburg area:

a. Hatcher Horticulture Garden
b. Jammie Seay House
c. Daniel Morgan Statue
d. Main Post Office, City Fire Department, and City Police Department
e. Spartanburg Technical College
f. University of South Carolina at Spartanburg.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

In 1730 a treaty was signed drawing the boundary between the province of South Carolina and the Cherokee Nation. (Today this boundary is the line between Greenville County and Spartanburg County.) Indian traders, ranchers, and families from Pennsylvania, Virginia, and North Carolina came to the area. The Scotch-Irish settled in the Tyger River area around 1755.

During the time of the Revolutionary War, more battles were fought here in South Carolina than in any other colony. Many battles took place around Spartanburg. These were the Battles of Cedar Spring, Cowpens, Wofford's Iron Works, and Musgrove's Mill.

Spartanburg County continued to grow around a courthouse village which was settled in 1785. The name was derived from a unit of colonial forces recruited from the area and known as the "Spartan Rifles."

With the invention of the cotton gin in 1794, Spartanburg District became a plantation region and a textile center with a few small cotton factories. Spartanburg was incorporated in 1831. The railroad arrived in 1859, and Spartanburg became a summer visiting place for those from the Lowcountry.

After the Civil War, Spartanburg turned more and more to textile manufacturing. Camp Wadsworth and Camp Croft gave the area additional economic boosts during both World Wars.

To the present, Spartanburg County has experienced much growth. Today the county is known as "The Cross Roads of the New South." (details from "Heritage Home Tours" by the Junior League of Spartanburg, Incorporated)

The following information highlights places of interest in Spartanburg County:

Hatcher Horticulture Garden is a quiet "ten-acre natural garden" with ponds and many varieties of plants and trees. Marked trails make nice walking paths.

Built around 1790, Jammie Seay House is believed to be the oldest house still standing in Spartanburg.

Daniel Morgan lead the victorious Continental Forces at the Battle of Cowpens on January 17, 1781. He was called the "Old Wagoner" and was described as a huge man who wore fringed buckskin. The Daniel Morgan Statue is at Morgan Square.

Spartanburg City Hall houses both the Police Department and the City Fire Department. Stay on Spring Street and find the entrances for the Post Office and City Hall.

Spartanburg Technical College offers approximately fifty career fields which lead to two-year associate degrees or one-year diplomas or certificates.

The University of South Carolina at Spartanburg is a regional campus that offers four-year degrees. USCS has a ten-team varsity athletics program.

SPARTANBURG COUNTY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Spartanburg area:

a. Cleveland Park
b. Evins-Bivings House
c. Wofford College
d. Converse College
e. Spartanburg County Public Library
f. The Regional Museum
g. River Birch Trail
h. Duncan Park Trail
i. Arts Center with the Science Center
j. Health Resource Room
k. Hampton Heights
l. Swim Center.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Cleveland Park was given by John B. Cleveland to city children in 1923. Here is a small train for children to ride.

Built in 1854 by the Bivings family who were local textile pioneers, this house was purchased by John H. Evins (1830-1884), a Confederate lieutenant-colonel, state legislator, mayor of Spartanburg, and United States congressman.

Wofford College, a liberal arts college, was established for men in 1854 by the Methodist Episcopal Church of South Carolina under the will of the Reverend Benjamin Wofford (1780-1850). There is a planetarium for groups to visit.

Converse College was founded by citizens of Spartanburg in 1889 for the liberal arts education of women. The college is named for Dexter Edgar Converse, a pioneer textile manufacturer.

The Spartanburg County Public Library houses over 350,000 items. Adjacent to the library is the Regional Museum. The Regional Museum has a permanent collection that includes exhibits of the Battle of Cowpens, the founding of the city of Spartanburg, and a doll collection. Special displays depict Spartanburg County and Upcountry life.

The half mile River Birch Trail is a trail of asphalt and wood chips. There are a variety of hardwoods, shrubs, and wildflowers. Located behind Spartanburg High School, the trail was constructed in cooperation with the Junior League, School District Seven, and the city of Spartanburg.

Duncan Park Lake was established in 1937. Located at the park are a variety of recreational facilities and the Spartanburg Phillies. The Duncan Park Trail is an easy 0.8 mile.

The Arts Center gives training and exposure to a wide range of art forms. There are galleries for rotating exhibits. Located in the Arts Center, the Science Center offers programs in natural and physical sciences with "hands on" participation. There are displays and live animals. Also located in the Arts Center, the Health Resource Room is where students and parents find information to help them make informed decisions about drugs and alcohol.

Hampton Heights Historic District is an example of an intact early twentieth century neighborhood. This area is near the Arts Center at the South Church Street entrance.

The Spartanburg Swim Center is open year-round for instructional, recreational, and competitive swimming. It is one of many facilities of the Spartanburg County Parks and Recreation.

SPARTANBURG COUNTY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Spartanburg area:

a. Reidville
b. Price House
c. Walnut Grove Plantation
d. Foster's Tavern
e. Croft State Park
f. Glenn Springs.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Reidville became the center of Presbyterian culture in upper South Carolina after the Nazareth Church established The Male Academy in 1857 and The Female Academy in 1858. These were under the leadership of Reverend Robert H. Reid. The town was laid out in one square mile with the academies at the opposite ends of Main Street. Professors at the academies built houses and stores along the main streets.

Constructed in 1795, the Price House is an elegant plantation house. The house has inside chimneys and a Dutch gambrel roof characteristic of the Central Atlantic States, but rare in the deep South. Thomas Price, who built this house on his 2,000 acre plantation, ran a post office, a general store, and a "house of entertainment" to feed and house travelers who came by on the stagecoach. (Woodruff, Spartanburg County)

Walnut Grove Plantation has an elegant manor house, lovely oak and walnut trees, a school, smokehouse, herb and flower garden, and a family cemetery. Notable Moore descendants include the county's first doctor and a local Revolutionary heroine. The manor house at Walnut Grove Plantation is an example of an Upcountry plantation house during the early national times (1780-1830). Plantation houses in the Upcountry were plainer than those in the Lowcountry (Coastal Region). The Upcountry owners stressed use over fashion. The materials used were simple because transportation was difficult. Builders used what they could find nearby. (Roebuck, Spartanburg County)

Foster's Tavern was begun in 1807 and built from brick made within sight of the house. The walls are eighteen to twenty-four inches thick. This house has twin "tied brick" chimneys. During stagecoach days, this was a popular stop. John C. Calhoun was one of the well-known people who stopped here. Large columns and a second floor balcony were added in 1845.

More than 250,000 soldiers received their basic training at Camp Croft from the time it opened in 1941 until 1945 when World War II ended. Today the Spartanburg Little Theatre offers productions at David W. Reid Playhouse located at Camp Croft.

With its 7,088 acres, Croft State Park became the state's second largest park in 1949. While there you can ride horses, camp, picnic, play tennis, hike the trails, swim in an Olympic-sized pool, or fish in a 156 acre lake (license required). The park is rich with history: Cherokee Indian mounds, old Antioch Church grave sites and other graveyards, and foundation sites of early settlers' homes. Walking trails include the easy 1.5 mile Little Sycamore Nature Trail, the easy 0.5 mile Croft Jogging Trail, and the moderate 5.5 mile Lake Johnson Trail.

Glenn Springs area, an important Upcountry spa, was the unofficial antebellum capital of South Carolina and a flourishing resort town until World War I. In the first quarter of the nineteenth century, the spring gained fame for its healing waters. Here Dr. John B. Glenn opened an inn. There are a number of antebellum homes in the area. Also located nearby are gold mines.

CROSS ANCHOR, ENOREE, UNION, AND WHITMIRE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Cross Anchor and Enoree (Spartanburg County)
b. Union (Union County)
c. Whitmire (Newberry County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The Enoree and Cross Anchor areas include many homes built during the 1800's. Longview is a handsome plantation house built in 1847 by Dr. Benjamin Franklin Kilgore, whose ancestors came from Ireland, settled in Pennsylvania, and then moved south. The James Nesbitt House was built in 1823 on one of the highest hills in Spartanburg County overlooking the Enoree River. It is built in the Piedmont farmhouse style with beautifully laid out gardens. Mount Pleasant Tavern (Hobby House) was originally a thirteen room structure built in 1809 of hand-hewn logs and wide boards. In 1866 the present structure was built around the original tavern and covered with weatherboard. In the early days when it was a way station for stagecoaches on Old Blackstock Road, the ladies slept in quarters on the ground floor while the gentlemen slept in the upstairs dormitory room. A family cemetery is nearby. (Spartanburg County)

Since it was settled in the 1700's, Union County has been a part of the growth of the Upstate but has retained its rural atmosphere. The county's early settlers, who were immigrants from Virginia and Pennsylvania, established homes in the forest along the creeks and rivers. These settlements eventually became Union, Carlisle, Lockhart, and Jonesville.

Forts were established along the river where settlers retreated in 1759 and in 1760 when Cherokee Indians launched raids against the frontier settlements. Men from the area took part in the war against the Cherokees.

Residents of the area participated on both sides in the American Revolutionary battles in the late 1700's. Many settlers loyal to the King of England were at odds with those wanting freedom from England.

In 1787, the village of Unionville was made the county seat of Union County. The name Union came from the Union Church which was jointly attended by both Episcopalian and Presbyterian congregations. Robert Mills, the famous South Carolina architect who designed the Washington Monument, designed Union's first courthouse in 1825. The Union County Jail had been completed in 1823 under his supervision.

In 1826, the village of Unionville had a few public buildings and two hundred people living in its twenty houses. Incorporated as a town in 1837, town limits were set at one half mile from the courthouse in all directions. The railroad, which was completed in 1859, ran through the center of the town and connected Union directly to Spartanburg and Charleston.

Industry came to the town in the 1890's when the Union Cotton Mill opened. Union became the second fastest growing town in the state. Growth continued until farming began to slump as the boll weevil destroyed the cotton crops and the Depression came to the nation in the 1930's.

Today, Union is a small community like many others in the Upcountry. (While in Union, try Foster Park's easy 0.6 mile trail.)

As a small community, Union has two features common to many Upcountry communities. These are the commercial buildings and mill houses that were erected in the Postbellum Period from 1877 to 1917.

The commercial (business) buildings erected in South Carolina during this period had two basic parts, the storefront and the upper floors. Commercial buildings usually looked alike from the street because the merchants tied the buildings together visually with decorative brickwork and design. People wanted to locate their businesses along the town's busiest street so the stores were long and narrow and lined the main street like shoe boxes. The upper floors gave the owners room for apartments, offices, and storage.

Most mill houses were built by mill owners. They built houses that looked alike because it was quicker and cheaper. They rented the houses to their workers and subtracted the rents from the workers' salaries before they issued the paychecks. The mill house was usually built for two families and had six rooms (three for each family). The house had running water, and the families shared the only faucet which was on the back porch. There was an outhouse with four toilets behind every two houses.

Rose Hill Plantation State Park is a state park west of Union on Sardis Road. This Upcountry cotton plantation was the home of William H. Gist, known as South Carolina's secession governor. A Federal-style house with 1860 furnishings sits amid boxwoods and roses. There is an easy 0.6 mile nature trail.

Molly's Rock Recreational Area in the Sumter National Forest near Whitmire is one of dozens of outdoor picnic areas in the Upstate. There is an easy 0.7 mile trail for nature study.

NEWBERRY AND WINNSBORO

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Newberry (Newberry County)
b. Winnsboro (Fairfield County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Thomas Jefferson was one of the first Americans to base his building plans on classical designs. Architect Robert Mills, a South Carolinian who studied under Thomas Jefferson, designed some important Greek Revival buildings in South Carolina between 1802 and 1837.

The fourth Newberry County Courthouse is an example of Greek Revival architecture. Plans drawn by Joseph Graves in 1852 show that Newberry was a rich county during the Antebellum Period. The Newberry Courthouse was designed to look like a Greek temple. It represents the three basics of the Greek Revival style - columns, entablature (between the columns and pediment), and pediment (triangular front forming the roof line).

Newberry College was chartered by the General Assembly of South Carolina on December 20, 1856. The college was used as a Confederate hospital and a United States garrison. The college moved to Walhalla in 1868 but returned to Newberry in 1877.

Newberry County is known for its milk and egg production. The "egg-shaped" water tower can be seen along I-26. (Newberry may be considered a part of the Midlands area, but it is a nice connector during the D.U.C.K. tour to get to Winnsboro.)

Winnsboro is the seat of Fairfield County. Charted in 1785, the town was named for Colonel Richard Winn, a Revolutionary officer. Built in 1833, the town clock building has served as a time keeper, fire alarm, public market, guard house, and meeting place. Made in France and transported from Charleston to Winnsboro by wagon, the clock is believed to be the oldest continuously running town clock in the United States. A nearby trail at Fortune Springs Park is an easy 0.3 mile.

LANDSFORD CANAL STATE PARK AND LANCASTER

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Landsford Canal State Park (Chester County)
b. Lancaster (Lancaster County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Landsford Canal is the uppermost of four canals constructed from 1820 to 1823. They were built on the Catawba-Wateree River system to negotiate the series of shoals and falls in the rivers. Located at Landsford Canal State Park are an interpretive center and a hiking trail, an easy 3.0 mile roundtrip. Displays depict the development of the South Carolina canal system.

Lancaster is the county seat of Lancaster County. The town was named by settlers from Lancaster, Pennsylvania. The Lancaster courthouse was designed by Robert Mills and built in 1823. Nearby is Spring Industries, Incorporated, the largest textile mill under one roof in the South.

Murals of Lancaster residents are on the backs of many Main Street buildings. The "Wall of Fame" across from the county courthouse depicts famous area residents:

a. Andrew Jackson (1767-1845) was the seventh President of the United States and hero of the Battle of New Orleans. Andrew "Old Hickory" Jackson was born in the Waxhaws section of Lancaster County and is buried at the Hermitage in Tennessee.

b. J. Marion Sims (1813-1883) opened his first medical practice in Lancaster. "The Father of Modern Gynecology," he founded the Women's Hospital of New York and served as personal physician to the Empress of France and Queen Victoria of England.

c. World War I flying ace and well-known author, Colonel E. W. Springs grew up in the current Lancaster City Hall. He merged the cotton mills in Lancaster, Chester, Kershaw, and Fort Mill to form the Springs Cotton Mill which has become Spring Industries.

d. Performing in *Pinky* with Ethel Waters, Nina Mae McKinney (1912-1967) was a stage actress and movie star in the 1930's.

e. Charles M. Duke, Jr., (1935 -) was the tenth man to walk on the moon. He was a member of NASA's Apollo 16 Mission. With John Young, he drove the Lunar Roving Vehicle.

ANDREW JACKSON STATE PARK AND ROCK HILL

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Andrew Jackson State Park
b. Rock Hill.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Created as a memorial to the seventh President of the United States, Andrew Jackson State Park features a museum illustrating life in the Carolina backcountry in the nineteenth century. The museum and one-room schoolhouse are reminders of where Andrew Jackson was born. There is also an easy 1.1 mile nature trail.

Nicknamed "Dogwood City," Rock Hill is in northern York County. The city is named for a cut made through white flinty rock during construction of the Columbia to Charlotte railroad. Located here is the historic Winthrop College campus. Beautiful Glencairn Garden has terraced lawns, landscaped garden beds, and fountains. The Museum of York County has more than five hundred animal exhibits from seven continents. Also featured are Indian artifacts, a planetarium, three art galleries, and an easy half-mile nature trail. The York County Nature Trail is within a carefully planned ten-acre garden with plant selections from the coastal, piedmont, and mountain regions. City parks have the following trails: Fewell Park Trail (an easy 0.8 mile), Boyd Hill Park Trail (an easy 0.4 mile), and Cherry Park Trail (an easy 1.5 miles).

York County has the only Indian community within the state. The tribe, the Catawbas, gave their name to the river which forms part of the eastern boundary of York County. During the American Revolution, the Catawbas furnished help to the South Carolina troops.

Sidewalking:

(1) Flat Creek Heritage Preserve and Forty Acre Rock are a part of a 335-acre site that includes a 3.0 mile nature trail. The area is listed as a National Natural Landmark.

(2) Cheraw is a town with many historic buildings. The Old St. David's Episcopal Church (c. 1770) was the last church built in South Carolina under King George III's authority.

(3) Located in the Sandhills, Cheraw State Park is the state's oldest park. It gets its name from the Indian word Cheraw which means "Fire Town." There are pine forests, wildflowers, songbirds, and migratory wildfowl.

(4) Chesterfield is the seat of Chesterfield County and lies entirely in the Sandhills region. These sandhills are ancient dunes formed millions of years ago when the coastline extended to the middle of South Carolina.

(5) The Carolina Sandhills National Wildlife Refuge is the home of many species of wildlife, including the endangered red-cockaded woodpecker. The refuge is on the Fall Line, with its sandhills between the piedmont plateau and the coastal plain.

BEST COPY AVAILABLE

YORK AND KING'S MOUNTAIN NATIONAL MILITARY PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. York
b. King's Mountain.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

York is the seat of York County. Settled by Scotch-Irish from Pennsylvania, York has one of the largest historic districts in the country on the National Register. The historic district comprises 340 acres and contains over 180 structures and landmarks.

King's Mountain State Park with the Living Farm and Lake Crawford is located in York County. The park offers camping, fishing, and swimming. The Living Farm is a replica of an 1846 frontier homestead. The "Homeplace" is a two-story log farmhouse with craft demonstrations and household activities. The farm includes a barn, a smokehouse, a cotton gin, small outbuildings, an herb garden, livestock, and chickens.

King's Mountain National Military Park in Cherokee County is the site of the Revolutionary War victory of the Patriots over the Loyalist troops on October 7, 1780. The visitor's center has a film depicting the battle and has a display of life during this era. Exhibits also help interpret the battle. From the visitor's center, an easy 1.5 mile trail leads to the main features of the battlefield.

Kings Mountain Hiking Trail was designated a national recreation trail in 1981. The trail is 15.0 miles long, with 4.8 miles in Kings Mountain National Military Park and 10.2 miles in Kings Mountain State Park.

Within the park is 2.3 miles of the Overmountain Victory Trail. This historic trail is a 313 mile motor route from Craig's Meadow in Abingdon, Virginia to Kings Mountain National Military Park Battlefield. The route follows as closely as possible the route taken by the overmountain frontiersmen in September and October of 1780 to meet Colonel Ferguson. He had threatened that if they opposed British rule he would march into the mountains "hang their leaders and lay their country to waste with fire and sword."

Sidewalking:

(1) Named by settlers who came from Pennsylvania after 1755, Chester is the county seat of Chester County. Chester is the hub of six rail routes of the Seaboard Coast Line, Carolina and Northwestern, Lancaster and Chester, and Southern railways.

(2) Chester State Park offers camping, equestrian facilities, fishing, nature trails, and picnic areas.

(3) Carowinds is a 77-acre theme park with a variety of rides, shows, and special attractions.

GAFFNEY AND COWPENS NATIONAL MILITARY PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Gaffney
b. Cherokee Foothills Scenic Highway
c. Cowpens National Battlefield.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Located at a crossroads and once owned by Michael Gaffney, Gaffney's Tavern gave the textile town of Gaffney its name. Nearby, the Peachoid is a symbol of Cherokee County as a peach-producing area. This one million gallon water tank shaped like a peach can be seen from I-85. A fun celebration is the July Peach Festival.

The following information about peach country comes from the Board of Public Works, Gaffney (Cherokee County):

> "Peaches first came to this country from China in the 1700's. By the middle part of that century South Carolina was producing peaches, mostly in the lower part of the state. By the middle of the 1800's, growing peaches was becoming a profitable business for South Carolinians until the Civil War interrupted the industry's growth. After the War, the peach business began a slow recovery, and in 1946 South Carolina produced more peaches than Georgia. Nowadays, South Carolina ships almost two hundred million pounds of peaches all across the country. A medium- to large-sized farm can produce five million pounds of peaches per year. Cherokee County produces about ten percent of the peaches grown in the state."

The Cherokee Foothills Scenic Highway (#11) is a picturesque route that goes through the heart of South Carolina's Blue Ridge Mountain Foothills. The route stretches nearly 130 miles form I-85 at Gaffney to rejoin I-85 in Oconee County. The Cherokee Foothills Scenic Highway is a link for D.U.C.K. Walking to many Upcountry sites.

On January 17, 1781, American Patriots overwhelmed the British at the Battle of Cowpens. At the Cowpens National Battlefield, the visitors center offers a museum, a multi-image slide presentation entitled "Daybreak at Cowpens," and demonstrations of rifles of the era and the Grasshopper cannon. There are picnic areas and a 1.3 mile battlefield trail. The Robert Scruggs House, a one-room cabin built of square-hewn logs, is typical of Revolutionary Period architecture of the Carolina Piedmont. Dated before 1829, this log cabin is located on the auto tour of Cowpens National Battlefield.

CHEROKEE FOOTHILLS SCENIC HIGHWAY TO FINGERVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Spartanburg County:

a. Chesnee
b. Peach country
c. Cooley Springs and Fingerville.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

One of the Tories who escaped capture at the Battle of Cowpens was a young captain by the name of Alexander Chesney. Born in Ireland, he came with his parents to South Carolina four years before the Revolution. At the age of seventeen, he laid claim to an area which is today known as Chesnee. Following the British and Tory defeat at Cowpens, young Chesney returned to his frontier home near the Pacolet River to find it pillaged by raiders. He moved to Charleston and left America for Ireland in 1782 (from "Scenic 11," Glenn Oeland, *South Carolina Wildlife*).

LAKE BOWEN AND HORSE COUNTRY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Spartanburg County:

a. Lake Bowen (south of #11 from I-26)
b. Horse country (north of #11 from I-26)
c. Cherokee Foothills Scenic Highway #11.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Lake Bowen is a reservoir for Spartanburg.

A state-operated travel information center is located on I-26 at the South Carolina/North Carolina border. The staff can assist with general information about the Upcountry There are many free brochures and booklets about South Carolina.

This beautiful area has many stables that are the homes of local and visiting horses which participate in such events as the Steeplechase in neighboring Tryon, North Carolina.

Sidewalking North Spartanburg County: (1) McMakin's Tavern is known to have been standing in 1790. It was the seat of a large and thriving plantation. There is an old family cemetery nearby. (2) Built around 1825, Shiloh Methodist Church is the oldest church building in the county. (3) I. W. Wingo, a schoolmaster, built Redlands in 1895 with solid walls made of Pacolet River mud brick. (4) Ingleside is a handsome plantation house built by Dr. J. B. O. Landrum, a well-known historian of Spartanburg County. (5) Four Columns or Earle's Fort is a Georgian type brick home built in 1820 by Baylis Earle, the pioneer who established the Earleville settlement in the North Pacolet Region. On the grounds can be found an old cemetery, an Indian mound, and the site of a Revolutionary War Battle (details from "Heritage Home Tours," by the Junior League of Spartanburg, Incorporated).

CAMPOBELLO, GLASSY MOUNTAIN, AND HISTORIC BRIDGES

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Cherokee Foothills Scenic Highway #11
b. Campobello (Spartanburg County)
c. Gowansville (Greenville County)
d. Campbell's Covered Bridge (Greenville County)
e. Glassy Mountain (Greenville County)
f. Poinsett Bridge (Greenville County)
g. Pleasant Ridge County Park (Greenville County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Campobello means "beautiful field" in Italian. Mrs. Hosea Dean named her plantation Campobello. The name also became the town name.

The Foothills Highway crosses the old Indian nation boundary, now the Greenville County line. Follow the highway to discover two historic bridges. Campbell's Covered Bridge was built in 1929. The last span of its kind in South Carolina, Campbell's Covered Bridge is near Gowansville. Poinsett Bridge is close. Go north 1.6 miles on U.S. 25 past the S.C. 11 intersection. Turn right at signs "Camp Old Indian" and "Saluda Road." Go 3.0 miles to sign "Poinsett Bridge." Drive (walk) 2.2 miles. The bridge is on the left below the road. This 1820 stone bridge with a pointed arch of rough wedge-shaped rock is a beautiful relic of the early road builders. This bridge was a part of the original state road connecting Greenville and Asheville.

Glassy Mountain is between the Middle Tyger River and S.C. #101. Rising 2,523 feet, the mountain has a 1,000 foot high cliff with a sheer rock face.

Pleasant Ridge State Park has a lake for swimming, boating, and fishing. There are cabins, places for picnicking and camping, and an easy 0.7 mile nature trail.

JONES GAP AREA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the Jones Gap Area in Greenville County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour.

The Mountain Bridge Wilderness and Recreation Area contains over 10,000 acres. "Mountain Bridge" refers to the land connecting the two Greenville watersheds known as Table Rock and Poinsett. This area of the Blue Ridge Mountains ends in South Carolina with an abrupt drop of some 2,000 feet to the plains which begin the state's Piedmont region.

The Jones Gap area is a valley in the Blue Ridge Mountains of South Carolina. Over 400 species of plants have been documented. The area serves as a haven for many endangered plants, as well as state record trees. Here is the state's largest reported yellow birch with a circumference of more than eight feet. Here the state's largest reported mockernut hickory is more than ten feet in circumference. Maple, poplar, hemlock, and wildflowers are numerous.

Of the three branches of the Saluda River, the Gap shares the Middle Saluda. The portion that flows through Jones Gap has been designated the first State Scenic River because of its scenic qualities and its wild and natural state.

The road, begun in 1840 and completed in 1848, was used as a toll road until 1910. The toll fee was one cent each for hogs and cattle, fifteen cents for a one-horse wagon, twenty-five cents for a two-horse wagon or one-horse buggy, and fifty cents for a two-horse buggy. Today the five and half mile road serves as a moderately strenuous trail for hikers and backpackers. You may picnic, hike, fish for trout, study nature, and camp - primitively, trailside (details from *South Carolina Trails* by Allen de Hart).

CAESARS HEAD STATE PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Caesars Head State Park in Greenville County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

With 7,467 acres of mountain beauty, Caesars Head State Park is located in the northwest corner of Greenville County. The park is one of South Carolina's most famous natural landmarks. Situated some 3,266 feet above sea level, Caesars Head provides a panoramic view of nearby mountains. It is the heart of the Mountain Bridge Recreation and Wilderness Area.

The profile of Caesars Head can be seen from the bottom of nearby Devil's Kitchen, a cool and narrow mountain passageway formed by intense pressure and heat. There are several theories about the source of the name Caesars Head. Some say the cliff resembles the head of Julius Caesar while others believe a saddened master named the mountain for his faithful hunting dog who fell to his death in chase of his prey.

For a view of beautiful falls, continue about 1.0 mile on U.S. 276 to a parking lot. Across the road a 2.3 mile trail takes you to Raven Cliff Falls. The five major falls plunge 400 feet into Matthews Creek. The view is spectacular and well worth the moderately strenuous hike. Along the trail the forest floor is covered with fern and wildflowers. Everywhere are large oaks, hemlocks, and banks of mountain laurel. (Jones Gap Access Trail, Jones Gap Trail, and Coldspring Branch Trail are moderate to strenuous options to hike into Jones Gap gorge from this area.)

Sidewalking:

Asbury Hills United Methodist Camp (Greenville County) is a 1,800 acre historical preserve owned and maintained by the South Carolina United Methodist Conference. The camp is named for Francis Asbury who traveled by horseback as he preached from western North Carolina to Charleston. Hikers are welcome if they register. Beautiful trails include the 0.8 mile Blue Trail, the 1.0 mile Yellow Trail, and the 5.4 mile roundtrip Asbury Trail.

TABLE ROCK STATE PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Table Rock State Park in Pickens County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The Cherokee Indians gave this area the name Sah-Ka-Na-Ga, "The Great Blue Hills of God." Table Rock was an easily seen landmark which the Indians used to find their way. Legend grew up among them that the Great Spirit used the flat granite mountaintop to dine upon.

Development at the base of Table Rock began in the early 1800's. In 1840 a hotel was constructed for a vacation resort. In 1935 the state acquired the park. Opening in 1940, the park was developed by the Civilian Conservation Corps (CCC), a New Deal program created by President Franklin D. Roosevelt. The program was designed to provide employment during the Great Depression while also providing for conservation and recreation.

The Table Rock State Park Trail System begins at the Nature Center. The 36-acre Pinnacle Lake is the center of the day-use activity. During the summer season, supervised swimming, rental canoes, and pedal boats are available. There are picnic tables, shelter, campsites and cabins.

TABLE ROCK STATE PARK TRAIL SYSTEM

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance on the Table Rock State Park trail system in Pickens County:

a. Table Rock Trail
b. Pinnacle Trail
c. Carrick Creek Trail.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Table Rock State Park trail system is a National Recreation Trail. Beginning at the Nature Center, the Table Rock Trail roundtrip is 6.8 strenuous miles. At the summit called "the Chieftain's dining table" is a view of Table Rock Lake, Caesar's Head and the smaller foothills. Pinnacle Trail is an exceptionally strenuous 7.2 mile roundtrip that winds to the summit of nearby Pinnacle Mountain. A 3.0 mile trail connects the two mountains, completing a 10.0 mile network of mountainous terrain and several small waterfalls. Carrick Creek Trail is an easy to moderate 1.8 mile roundtrip which takes about an hour to walk. Along the way, Carrick Creek flows in sheets of water through flumes and rocky areas. Obey the signs and do not swim or slide down the rock slopes.

PICKENS COUNTY MUSEUM, HAGOOD MILL, TWIN FALLS

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Pickens County:

a. Pickens County Museum
b. Hagood Mill
c. Twin Falls.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The elevation of Pickens above sea level makes it one of the highest incorporated towns in the state. The Pickens County Gaol, built in 1902 and listed on the National Register of Historic Places, resembles a Gothic castle. The restored jail houses the Pickens County Museum of History and Art. Built in 1826, Hagood Mill is a grist mill that has been restored.

An easy ten minute hike down a dirt road leads to one of the most beautiful of the Upcountry waterfalls. These are Twin Falls in Eastatoe Valley of Pickens County. Although most of the falls in South Carolina are under the protection of the U. S. Forestry Service, state, or county parks, Twin Falls is privately owned by the Felburn Foundation with the intention of leaving the land wild to be enjoyed by everyone.

To reach Twin Falls, take S. C. Highway 11 (the Cherokee Foothills Scenic Highway) to Pickens County to the intersection of U. S. Highway 178. Then take U. S. 178 north toward Rosman for 3.2 miles. Watch carefully and turn left at Bob's Place onto Cleo Chapman Road. Go 1.9 miles to Eastatoe Community Road. Turn right and go 0.9 mile to Water Falls Road. Follow the dirt road over Eastatoe Creek and turn left toward the woods at a hand-lettered sign pointing to Twin Falls. This area is private property but open to quiet and careful waterfall watchers. Approach slowly. When you see the gate, turn left and park on the property off the road. Be careful around the falls, for the rocks are very slippery. Bring your camera.

KEOWEE-TOXAWAY STATE PARK AND THE WORLD OF ENERGY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Pickens County:

   a. Keowee-Toxaway State Park
   b. The World of Energy.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Keowee-Toxaway State Park is located in an area that was once the center of the lower Cherokee Indian civilization. Extensive archeological diggings were done prior to the flooding of the area in forming Lakes Keowee and Jocassee. Indian artifacts are on display in an interpretive center and in kiosks (small, open buildings) along a short 0.3 mile trail.

Duke Power Company's Oconee Nuclear Station began operating in 1973. The three-unit plant produces 2.6 million kilowatts of electricity.

The World of Energy is located next to Oconee Nuclear Station. You can experience energy through movies and games. The World of Energy offers displays that explain how electricity is produced by the power of the atom, by water, and by coal. You can hike along the center's 0.5 mile nature trail and picnic along the shores of Lake Keowee.

LAKE JOCASSEE AND LAKE KEOWEE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Lake Jocassee and Lake Keowee.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The Cherokee Foothills Scenic Highway cuts through the heart of Duke Power's Keowee-Toxaway project, an energy-producing area that covers 156 square miles. The project's twin reservoirs are Lake Jocassee and Lake Keowee which provide 26,000 acres of beautiful water for fishing, boating, and sailing. Surrounded by mountains, Lake Jocassee is waterfall-fed. Lake Keowee is below Jocassee's 385 foot dam, the second tallest dam in eastern America.

Jocassee is a pump-storage hydroelectric station owned and operated by Duke Power Company. Jocassee produces electricity from the force of water stored behind Jocassee Dam. Jocassee pumps water from a lower reservoir to a higher one during periods of low electricity demand, storing it for use during periods of peak demand.

The water safety information that follows comes from *Absolutely Anderson* by the Anderson Area Tourism Association:

Skiing - Always wear an approved life preserver. Stay in open water. Watch for swimmers. Have at least two people in the boat, that is, one to drive and one to watch the skier.

Boating - Carry an approved life preserver for each occupant. Obey warning signs when boating near a dam. If your boat capsizes, stay with it and use it as a flotation device. Do not overload your boat.

Swimming - Swim and wade only where you are familiar with the water depths and the bottom. Do not swim alone. Be sure the water is deep enough before diving. Be careful of over-estimating your swimming ability, as water distances are deceiving. Swimmers should avoid regular boat channels, launch ramps, and docks.

WHITEWATER FALLS, FISH HATCHERY, AND CHATTOOGA RIVER

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Oconee County:

a. Sumter National Forest
b. Whitewater Falls
c. The Walhalla National Fish Hatchery
d. Chattooga National Wild and Scenic River.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The Cherokee Indians came through the area now known as the Sumter National Forest in their conquest of the Piedmont tribes. The high plateaus and mountains in western Oconee County were the last strongholds in South Carolina before they moved out in 1792 after signing a treaty.

Whitewater Falls is a set of two falls, each section plunging more than 400 feet downward over rock terrain. Between the two is the state boundary of the Carolinas.

The Walhalla National Fish Hatchery raises rainbow, brook, and brown trout for several Southern states. Visitors are welcome everyday.

The Chattooga National Wild and Scenic River is a sparkling mountain river beginning on the crest of the Blue Ridge Mountains in North Carolina and dividing South Carolina and Georgia for more than 40.0 miles. The river drops an average of 49.3 feet per mile, sometimes following a narrow dangerous route over rapids and around boulders. Occasionally there are quiet deep pools and calm stretches. Several whitewater rafting trip services are approved by the Forest Service. Hiking trails and primitive camping are available.

Beginning at the Chattooga River Information Station, Bull Sluice Trail, an easy 0.4 mile roundtrip, is the best for seeing white-water action. The rapids are rated "Class Five," the most difficult to maneuver of any on this section of the Chattooga.

OCONEE STATE PARK, STUMPHOUSE TUNNEL, SENECA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Oconee County:

a. Oconee State Park
b. Stumphouse Tunnel and Issaqueena Falls
c. Walhalla and Seneca.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Surrounded by Sumter National Forest, 1,165-acre Oconee State Park is one of the oldest in the state system. In the park is the southern terminus of the Foothills Trail, the state's longest trail (85.0 miles). There are weekly folklife programs, a museum portraying the pioneer life of the mountain people, biological study projects, and a restaurant. You can swim, hike, and camp. Trails in the area are Wormy Chestnut Trail (an easy 2.2 mile roundtrip) and Oconee Trail (a moderate 3.2 mile roundtrip).

[**Sidewalking:** Oconee Station is 4.0 miles off Highway 11. The oldest structure in the South Carolina Upcountry, this old stone "station" building was once used as a fortified blockhouse and an Indian trading post. The nearby Richards House also survived from the time this area was Indian frontier.]

In the 1850's the Blue Ridge Railroad began cutting 1.5 miles of tunnel through Stumphouse Mountain as a rail link in an effort to connect Charleston, South Carolina, to Knoxville, Tennessee. The project failed when the contractor went bankrupt.

Today the park is owned by the Pendleton District Historical and Recreational Commission, but the Blue Ridge Railroad Historical Trail is on private property (7.1 moderate to strenuous miles). During daylight hours, you can walk 1,640 feet into the tunnel. Bring your flashlight!

In Stumphouse Tunnel Park is Issaqueena Falls, a beautiful cascade falling 200 feet to the valley. The trail is a moderate 0.2 mile roundtrip. In *South Carolina Trails*, Allen de Hart relates the following tale about the falls:

> "The legend about the falls concerns a Cherokee maiden, Cateechee, who was called Issaqueena in Choctaw. Prior to the outbreak of the Cherokee War, Cateechee (meaning 'Deer Head') had fallen in love with Allan Francis, an English trader. She overheard plans that the Cherokees were going to attack and massacre the inhabitants at Ninety Six... [See pages 52 and 53]. During the night she rode the distance to warn them. The village was saved, and Issaqueena married Francis. Later she was captured by the Cherokees. In her escape she jumped off the top of the falls, landed on a ledge, and hid from her pursuers, who thought she was dead. Francis rescued her and they canoed down Cane Creek."

Walhalla was settled in 1850 by members of the Charleston-based German Colonization Society. Members were German immigrants who fled Germany because of high taxation and political difficulties. The group was headed by Colonel John Wagener, who named the town Walhalla from German mythology. According to the mythology, Walhalla was the garden of the gods where the valiant heroes could recover from their mortal wounds and live happily ever after.

Behind South Pine Street Elementary School in Walhalla is the South Pine Street Trail. This trail is an easy 0.3 mile that serves as a model for other elementary schools to follow in constructing an outdoor natural science laboratory.

Seneca's Lunney Museum is a National Register Property. In addition to its collection of antiques covering a period from the late seventeenth through the early twentieth century, the Lunney Museum contains a collection of Oconee County memorabilia.

CLEMSON AND PENDLETON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places:

a. Clemson (Pickens County)
b. Pendleton (Anderson County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Clemson is a college town with many historic landmarks and several famous statesmen. The town was known as Calhoun until 1943 when the name of the university was adopted.

Clemson University is a South Carolina land grant institution founded in 1889. Clemson University features Fort Hill, the Hanover House, and the Horticultural Gardens. The greenhouses grow a variety of flowering plants. Some two thousand varieties of plants are raised in the seventy-acre garden which also has an arboretum, a garden to accommodate the handicapped, a picnic area, a pioneer garden with Braille trail, and a trial garden of bedding plants. Also Clemson University is famous for ice cream and blue cheese which can be bought at Newman Hall.

Fort Hill was built around 1807. A National Historic Landmark, Fort Hill was the home of John C. Calhoun who was Vice President of the United States, Secretary of War, and a United States Senator. This was also the home of his son-in-law Thomas G. Clemson. Thomas Clemson bequeathed the plantation to the state for an agriculture college.

Hanover House was built around 1716 in South Carolina's Lowcountry. A residence and frontier fort against the danger of Indian attack, the house was to be destroyed in 1940 when a reservoir for a hydro-electric power plant was to be constructed. Hanover House was dismantled, moved, and restored on the Clemson campus.

Old Stone Church was built around 1802. Also called the Stone Meeting House, this early church on U. S. 76 is the burial place of General Andrew Pickens and other Revolutionary heroes.

When the Pendleton area (of Anderson County) was first settled in the late 1700's, it was known as the Pendleton District. Today the town of Pendleton is the headquarters for the Pendleton Historical and Recreational District, a three-county (Anderson, Oconee, and Pickens) area with many historical and scenic attractions. The district visitors center is located in Hunter's Store (c. 1850), an old mercantile establishment. Two of the many beautiful homes are Ashtabula and Woodburn. Pendleton District Agricultural Museum exhibits antique farming equipment and tools such as cotton gins. In the middle of the town square stands the Pendleton Farmers Society Hall. Started in 1826 to be a courthouse, the Hall was completed by the Farmers Society when the district was divided that year. The Pendleton Farmers Society Hall is the oldest farmers hall in continuous use in the nation.

Clemson walking trails follow: Indian Creek Forest Trail, Lawrence Trail, Issaqueena Trail, Beaver Dam Trail, Firetower Trail, Treaty Oak Trail, and Horticultural Gardens Trail.

ANDERSON AND HARTWELL AREAS

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following:

    a. Anderson
    b. Lake Hartwell Area.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Anderson, the name of both the city and the county, honors the Revolutionary War hero Robert Anderson, who came to the area as an Indian fighter. Early settlement in the county resulted from the formation of the Pendleton District in 1790. The city of Anderson was incorporated in 1833. The area was known for agriculture. In the late 1800's, cotton mills were constructed. In 1894, W. C. Whitner built a hydro-electric plant making Anderson the first Southern town to have electricity transmitted over power lines. Anderson became known as "Electric City."

Today the Anderson Historic District is a sixteen block area on the National Register of Historic Places. Built around 1851, the Caldwell-Johnson-Morris House is an example of the many beautiful homes in Anderson. Now being restored, the 1860 John P. Sullivan House is an example of the rare Chinese Chippendale architectural style.

Lake Hartwell has a 962-mile shoreline and covers 55,950 acres with borders on both South Carolina and Georgia. This lake is a man-made body of water constructed by the United States Army Corps of Engineers. Named for Revolutionary War heroine Nancy Hart, Lake Hartwell provides hydro-electric power, flood control, water to cities, and many recreational opportunities.
Try Hartwell Lake Beaver Trail in the Hartwell Dam Recreation Area. [**Sidewalking:** Lake Hartwell State Park is located in Oconee County. Water activities, camping, and enjoying nature are popular along this park's fourteen miles of shoreline.]

Sadler's Creek State Park is located on the north side of Lake Hartwell. Water activities, camping, picnicking, and hiking the easy 0.6 mile Pine Grove Trail can all be fun.

ABBEVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Abbeville (Abbeville County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following is information for this week's tour:

A frontier settlement was first established in the 1730's by Patrick Calhoun. The town itself was founded in 1758. The honor of naming the village was offered to Dr. John de la Howe, an early French Huguenot settler, who chose Abbeville, the name of his home town in France.

Abbeville was a courthouse town, which was a village set apart from the usual South Carolina communities. Courthouse towns were founded specifically as county seats of the counties. These courthouse buildings invariably overlooked a tree-shaded square, which was the center of the town.

Abbeville was the birthplace of one of the nation's great early statesmen, John C. Calhoun, whose father Patrick had helped settle the area. As a young man and before he became the Vice President of the United States, John C. Calhoun practiced law from his office on the square.

In the 1800's, the first organized meeting to adopt an Ordinance of Secession was held in Abbeville. Confederate President Jefferson Davis, on his retreat from Richmond, stopped overnight at the Abbeville home of his friend Major Armistead Burt. Thus Abbeville is called "the birthplace and the deathbed of the Confederacy."

During Reconstruction, cotton and the railroad were forces in the economic development of Abbeville. In the early 1900's, an ornate opera house was built. In those days, Abbeville was a railway stopover point for theater companies on their way from New York to Atlanta. The Ziegfeld "Follies" and vaudeville stars arrived until the late 1940's when the Opera House became a movie house. It finally closed in the 1950's for several years until a community theater group restored the building and began staging productions throughout the year.

Also in the early railroad days, the Eureka provided accommodations for touring actors and train passengers. Now the Eureka is the Belmont Inn, renovated and refurbished in period furnishings and accessories. Along with shops, stores, and offices, the Inn opens to the tree-shaded historic square.

GREENWOOD AND NINETY SIX

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Greenwood County:

a. Greenwood
b. Ninety-Six.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

This area was first settled by Irishmen John Blake and Thomas Weir in 1802. In 1824, Judge John McGeehee brought his bride here from Ninety Six and named the town Greenwood because of its beautiful rolling hills and tall green forests.

Lake Greenwood State Park was developed by the Civilian Conservation Corps. Located on the 200-mile shoreline of Lake Greenwood, the park is a favorite spot for fishing, swimming, boating and skiing, picnicking and camping. The Greenwood Lake Nature Trail is an easy 0.8 mile walk.

Also located in Greenwood County is Ninety Six National Historic Site, two miles south of Ninety Six. Here is the site of the first South Carolina battle of the Revolution, a frontier settlement with a trading post, a French and Indian War fort, and extensive Revolutionary War fortifications.

Ninety Six was originally a geographical term. Traders out of Charleston thought that this stopping place was 96.0 miles from the Cherokee town of Keowee. Following an ancient path worn by Indians, traders went into the backcountry to swap goods with the Cherokee. By 1700 this trail was a major commercial route.

After the power of the Cherokee was broken in 1761, settlers came into the area beyond the Saluda River. Ninety Six lay in the middle of this land boom. The first settler here was Robert Gouedy, who opened a store in 1751 and became very prosperous. He grew grain and tobacco, raised cattle, served as a frontier banker, and sold cloth, shoes, beads, gunpowder, tools and rum.

Before the Revolutionary War, Ninety Six was a thriving village of twelve houses, a courthouse, and a jail. At least one hundred persons lived nearby. The land was cleared for a mile around.

The first land battle of the Revolutionary War in the South was fought in Ninety Six from November 19 to 21 in 1775. There were casualties on both sides, the first bloodshed for American independence in this region. The battle ended with a formal truce.

Since the British considered Ninety Six an important backcountry outpost, they built a stockade around the village and at one corner constructed a star-shaped fort of massive earthen embankments. Inside Star Fort, the British held out for twenty-eight days from May to June in 1781 against a siege by General Nathaniel Greene and his American Continental Army. The Americans started a tunnel through which they planned to blow up Star Fort, but 2,000 British under Lord Rawdon marched from Charleston to aid the garrison. General Greene had to withdraw.

Embankments of the star-shaped fort and some thirty-five feet of the tunnel have survived in the forest for nearly two hundred years. This site is now owned by the National Park Service.

[The Ninety Six History Trail is an easy 1.0 mile walk. Along the trail are exhibit signs that fully explain the battle events. Here the University of South Carolina has made extensive archaeological study of the earthworks where General Nathaniel Green ordered an assault on June 18, 1781. (from *South Carolina Trails* by Allen de Hart)]

After the Revolution, Ninety Six was rebuilt and flourished. The College of Cambridge, a preparatory academy for boys, obtained a state charter in 1785, and the citizens voted to change the village name from Ninety Six to Cambridge in its honor. With the formation in 1800 of new districts, Cambridge lost its status as a courthouse town. Cambridge then began to decline.

The village was renamed Ninety Six in 1852 when the second railroad in South Carolina, running from Columbia to Greenville, came through the town. Today the business district is built around the traditional town square. (details from *Ninety Six* by the Ninety Six Chamber of Commerce)

Sidewalking: McCormick County was formed in 1916 from Greenwood, Edgefield and Abbeville counties. The west side of the county borders on Lake Thurmond which has more than 1,200 miles of shoreline.

(1) Plum Branch is a quaint village near the center of McCormick County. The central business district grew up along the railroad tracks.

(2) Founded in 1894, Mt. Carmel has picturesque churches, homes, and commercial buildings from the 1900's.

(3) Located on the shores of Lake Thurmond, Parksville was a thriving village along the Savannah Valley Railroad in the 1900's.

(4) The town of McCormick was named for its prominent landowner Cyrus H. McCormick, inventor of the reaper and mower. The town dates back to 1882 when it received its charter. The buildings in town date from the early 1900's. On the edge of town is the Dorn Gold Mine, which originally gave McCormick its life as a town.

BELTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Belton in Anderson County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

In the town of Belton, located in Anderson County, is the South Carolina Tennis Hall of Fame. The Hall of Fame displays tennis memorabilia from all areas of South Carolina and honors those people who have contributed to the sport in the state. Located in the Belton Depot along with the Hall of Fame is the Ruth Drake Museum. Here are local historic artifacts and a collection of kitchen tools.

Sidewalking: Laurens is the county seat of Laurens County, one of the six counties created from the original Ninety Six District. Laurens is named for Henry Laurens (1724-1792), a Revolutionary War statesman. The Courthouse Square was purchased in 1792 for two guineas ($21). In this vicinity, Andrew Johnson (1808-1875), the seventeenth President of the United States, once operated a tailor shop with his brother William.

(1) There are many beautiful old homes in Laurens that reflect a variety of architectural styles. Built in 1812, the James Dunklin House is an example of Upcountry architecture and is furnished with Southern era antiques.

(2) Laurens County Park is 3.1 miles from Laurens on U. S. Highway 76. The Laurens County Park Nature Trail is an easy 0.8 mile walk.

PARIS MOUNTAIN STATE PARK AND FURMAN

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Greenville County:

    a. Paris Mountain State Park
    b. Furman University.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Paris Mountain State Park is 9.0 miles north of Greenville. The park offers a quiet place to relax in a mountain setting. There is a large lake and numerous picnic areas. Paris Mountain Trail is a strenuous 6.6 mile roundtrip.

Paris Mountain got its name from Captain Richard Pearis, the first white settler in the Greenville area (c. 1766). He held a trust of ten square miles (present Greenville), which had been given to him by George II.

Nearby Furman University is a private coeducational college with 2,500 students. Furman's 750-acre campus is beautiful with its tree-lined avenues, formal rose garden, bell tower, and thirty-acre lake.

GREENVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in Greenville County:

a. Historic Greenville
b. Greenville Zoo
c. Bob Jones University Museum.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Occupied by the Cherokee Indians until a 1777 treaty gave the white man access, the area officially became Greenville County in 1786. The city of Greenville was called Pleasantburg until 1821. In 1831, the small village of Greenville was charted. In the antebellum period, Greenville was primarily a resort for Lowcountry planters. Soon after Reconstruction, the textile industry began to flourish with mills and mill villages springing up on the western edge of the city. Greenville incorporated in 1907. In 1915, Greenville held its first Textile Exposition and soon became known as the "Textile Center of the South." Today Greenville is a growing city and the county seat of Greenville County.

The City Parks and Recreational Services and the Greenville County Recreation Commission have established eight bicycle tours and loops comprising a total of more than 140 miles in the Greenville vicinity. One of these is the Reedy River Tour which has a section in Cleveland Park that can be used as a foot trail.

At the Reedy River Historic Park and Greenway on Howe Street, you can enjoy a picnic on the site of the first permanent settlement in Greenville. Here there are two easy walking trails. The Reedy River Falls trail is a 0.5 mile walk, and the Cleveland Park Trail is a 3.3 mile roundtrip. It is on the Cleveland Park Trail that the 10.0 kilometer Reedy River Run is held each Spring.

There are many historic Greenville structures. Christ Episcopal Church dates back to before the Civil War and is the oldest church in Greenville. An adjacent cemetery has many nineteenth century gravestones. First Presbyterian Church was founded in 1848 and features a custom-made pipe organ. Organized by the Reverend James R. Rosemond, John Wesley United Methodist Church was one of South Carolina's first separate black congregations immediately following the Civil War. Combining several complex architectural styles, Gassaway Mansion represents the wealthy Greenville of the 1920's. Built in 1838 by a well-to-do cotton planter, the Kilgore-Lewis House features hand-blown glass windows, wooden peg construction and copper roofing. Listed in the National Register of Historic Places and dating back to 1813, Whitehall was the summer home of former South Carolina governor Henry Middleton.

At the Greenville Zoo, there are fourteen acres of wildlife displays in natural open-air exhibits. There are also the reptile building, waterfowl lagoon, and an education center.

The Bob Jones University Art Museum houses one of the most important collections of religious art in America. The museum contains thirty galleries displaying European sacred art from the thirteenth through the nineteenth centuries and includes important works of many major artists such as Rembrandt, Titian, Rubens, and Van Dyck.

The Greenville County Museum of Art is located at 420 College Street. This museum features the largest collection of paintings by Andrew Wyeth outside of the artist's own holdings.

ROPER MOUNTAIN

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places at Roper Mountain in Greenville County:

    a. Roper Mountain Science Center
    b. The Living History Farm.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Roper Mountain Science Center is on top of a 1,190 foot mountain just six miles east of downtown Greenville. There are learning centers for adults and children with Symmes Hall of Science, Discovery Lab, Planetarium, Daniel Observatory, Cromwell Arboretum, nature trails, and picnic areas. The Living History Farm at Roper Mountain is a reconstructed farm showing life in South Carolina's Upcountry during the early 1800's.

GREENVILLE-SPARTANBURG AIRPORT

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the Greenville-Spartanburg Airport and to Spartanburg.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Operated by the Greenville-Spartanburg Airport Commission, the airport is approximately halfway between Greenville and Spartanburg. Nine airlines provide passenger service.

The Midlands:

COLUMBIA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance from the State House to Columbia area museums:

a. The State House
b. South Carolina State Museum
c. Cayce Historical Museum
d. McKissick Museum
e. Confederate Relic Room and Museum
f. Columbia Museum of Art
g. South Carolina Department of Archives and History
h. Fort Jackson Museum.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Located in the center of South Carolina, Columbia is the capital city. In 1790, the General Assembly met in Columbia, and the following year George Washington visited the city during his Southern tour. Construction of the State House began in 1855, but was not completed until 1907. In *South Carolina Trails*, Allen de Hart writes about major historical events in Columbia:

> "South Carolina was the first state to secede from the union, and it was here that the Ordinance of Secession was drawn on December 17, 1860, at Columbia's First Baptist Church. More than four years later on February 17, 1865, General William T. Sherman's army marched north from Savannah and occupied Columbia. At least 1,386 buildings were burned within 84 blocks... [The unfinished State House building was shelled; bronze stars now mark the impact point of the shells.]...(Today) wide boulevards frame the capitol building, a masterpiece of Southern elegance and design, built of native granite in Roman Corinthian style."

"Within a few blocks of the capitol building are the University of South Carolina (1801) and the Richland County Courthouse. In addition to the University, other institutions of higher education are Allen University (1870), Lutheran Theological Southern Seminary (1830), Columbia College (1854), and Columbia Bible College (1923)."

With extensive exhibits in the disciplines of art, history, natural history, science, and technology, the South Carolina State Museum is a perfect beginning to a D.U.C.K. Walking tour of the Midlands, as well as the entire state of South Carolina. It is South Carolina's largest museum and one of the largest in the entire South. With four large floors of exhibits to explore, the museum is located inside the former Columbia Mills building, which opened in 1894 as the world's first totally electric textile mill.

In the Cayce City Hall Complex, the Cayce Historical Museum interprets the architectural, social, and cultural heritage of old Saxe Gotha, Granby, Cayce, and West Columbia areas. Exhibits emphasize periods of colonial trade, Indians, agricultural development, and transportation from the eighteenth century to the present.

Located at the head of the University of South Carolina's historic Horseshoe area, McKissick Museum features changing exhibitions of art, science, and regional history and folk art. Permanent exhibits are the following: The Baruch Silver Collection, The Mineral Library, Fluorescent Minerals and Gemstones, and Movietone News presentations.

The nearby Confederate Relic Room and Museum presents collections from the Colonial Period to the present. There is special emphasis on the South Carolina Confederate Period.

The Columbia Museum of Art displays contemporary, traditional, and decorative arts. A permanent collection is The Samuel H. Kress Collection - an impressive collection of Baroque and Renaissance art.

The South Carolina Department of Archives and History is the repository for the non-current, governmental records of South Carolina. These records begin with the year 1671. There are quarterly exhibits which reflect the history, cultural, and documentary heritage of South Carolina.

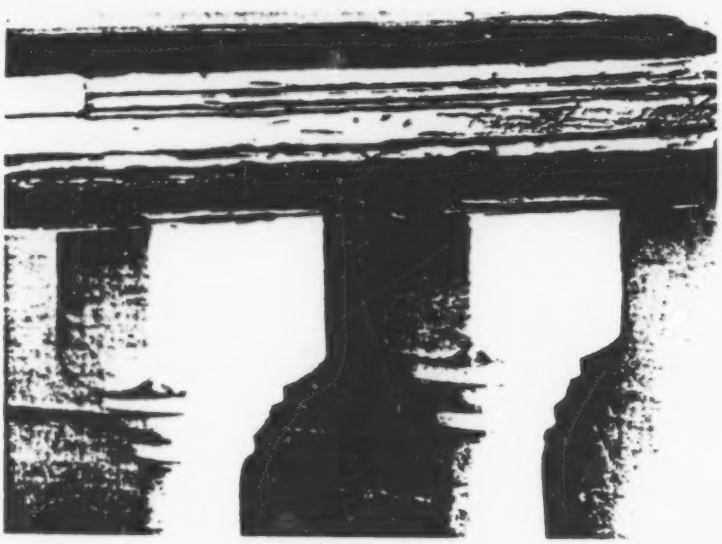
On the eastern boundary of Columbia, Fort Jackson is one of the nation's largest U. S. Army training centers. The Fort Jackson Museum covers over 200 years of military history.

COLUMBIA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Columbia's historic churches and houses as presented in *Greater Columbia*:

a. Trinity Episcopal Cathedral
b. Ladson Presbyterian Church
c. First Baptist Church
d. St. Peter's Catholic Church
e. Ebenezer Lutheran Church
f. Washington Street United Methodist Church
g. First Presbyterian Church
h. Mann-Simons Cottage
i. Maxcy Gregg House
j. Robert Mills House and Park
k. Hampton-Preston Mansion
l. Guignard House
m. Woodrow Wilson Boyhood Home
n. Chesnut Cottage
o. Horry-Guignard
p. W. B. Smith Whaley House.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.



3. The following information is for this week's tour:

Exploring churches can be a lesson in Columbia's history. Built in 1846 and listed on the National Register of Historic Places, Trinity Cathedral is a replica of Yorkminster Cathedral in England. Six former governors are buried in Trinity's graveyard. Ladson Presbyterian Church was first organized as a Sunday school for blacks by First Presbyterian in 1838. A chapel was built in 1868 and rebuilt on this site in 1896. First Baptist Church was the site of the first Secession convention in December 1860. Listed on the National Register of Historic Places, the church was constructed in 1859 for a congregation dating from 1807. St. Peter's Catholic Church dates from 1906 and replaces the original structure built in 1824 and later destroyed by fire. John R. Niernsee, the architect of the State House, is buried in the church's graveyard. Ebenezer Lutheran Church was dedicated as Columbia's first Lutheran Church in 1830. When a fire destroyed the original church in 1865, a new sanctuary was rebuilt in 1870. Built in 1872, Washington Street United Methodist Church is the fourth church building constructed on this site. The current structure replaced the church which was destroyed in the burning of Columbia by Union troops on February 17, 1865. Presbyterians organized their first congregation in Columbia in 1795. The present building for First Presbyterian Church was constructed in 1835 and enlarged in 1925.

A D.U.C.K. Walking tour of Columbia's historic homes can also be a good history lesson. Mann-Simons Cottage was bought about 1850 by Celia Mann, a Charleston slave who purchased her freedom and walked to Columbia. She was a midwife and an active member of the First Calvary Baptist Church, organized in the basement of her house. Built in 1840, the Maxcy Gregg House was built by Maxcy Gregg, a Confederate General who helped draft the Ordinance of Secession. The Robert Mills Historic House and Park were planned in 1823 for Ainsley Hall, a prominent Columbia merchant. The architect was Robert Mills - a native Charlestonian, Federal Architect of the United States, and designer of the Washington Monument. The house and grounds have now been authentically restored. The Hampton-Preston House (c. 1818-1835) has been the home of two prominent South Carolina families, a Union headquarters during the Civil War, the Governor's mansion during Reconstruction, and a fashionable school for young ladies. Built in 1874, the Guignard House was the home of Jane Guignard, the first female doctor in Columbia. The Woodrow Wilson Boyhood Home, designed and built by Wilson's parents in 1872, has been restored and furnished with Wilson family pieces. Chesnut Cottage was the home of Confederate General James Chesnut and his wife Mary. Her diary, *Mary Chesnut's Civil War*, is an account of the South during the Civil War. Built in 1813, the Horry-Guignard House was the home of John Guignard, one of the surveyors who laid out the city of Columbia. Built in 1891, the W. B. Smith Whaley House was the home of the architect of four textile mills in Columbia.

COLUMBIA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Columbia's historic sites:

a. Millwood Ruins
b. Sesquicentennial State Park Log Cabin
c. Crawford-Clarkson House
d. DeBruhl-Marshall House
e. Friday-Fields Cottage
f. Lorick House
g. Governor's Green
h. Seibels House
i. Taylor Burial Ground
j. Mills Building
k. Sylvan Building
l. Town Theatre
m. Longstreet Theater.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour of Richland County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

[*Greater Columbia* from the Greater Columbia Convention and Visitors Bureau gives details and locations for these historic sites. The information that follows highlights the details about each location.]

Millwood Ruins are the graceful columns that remain of Millwood, the antebellum home of South Carolina Governor and Confederate General Wade Hampton II. Before being destroyed by fire during Sherman's raid on Columbia in 1865, Millwood consisted of 13,000 acres, private race tracks, and a large house.

The oldest building in Richland County, the Sesquicentennial State Park Log Cabin dates back to 1756. Donated to the park system in 1961, the cabin was relocated and restored to exemplify one style of log construction introduced by German pioneers. [This park encompasses over 1,440 acres of forested sandhills habitat. Facilities include a fitness trail, a 3.0 mile jogging trail, and over 3.5 miles of nature trails. A nature center and nature programs are available.]

The Crawford-Clarkson House was built in 1838. This townhouse has an unusual pair of shelved glass columns that were once used to display rare plants.

Three other houses are on this tour. The DeBruhl-Marshall House is an 1820 residence with a strong architectural resemblance to the Robert Mills House. The Friday-Fields Cottage is typical of antebellum homes in Columbia. The style is often referred to as "Columbia Cottage" - having a full brick-raised basement, a first floor, and a half-story under the roof. The Lorick House is an example of the architectural tastes in Columbia during the 1800's. The Gothic Revival style of this house uses gingerbread trim.

Governor's Green is a nine-acre complex consisting of the Governor's Mansion (1855), the Lace House (1854), and the Boylston House (1830). Tours of the Governor's Mansion are given by appointment on Tuesdays, Wednesdays, and Thursdays.

Headquarters for the Historic Columbia Foundation, the Seibels House dates to the eighteenth century. This house sits on the original two-mile square of the city of Columbia.

Buried in the Taylor Burial Ground are the members of Columbia's first family - Thomas Taylor, his descendants, and slaves. Taylor provided the land for Columbia from his plantation in 1786.

The Mills Building has been the state asylum for the mentally ill since 1822. Robert Mills' innovations in the building include a roof garden and patient quarters on the south side to allow sunlight.

The Sylvan Building is located on Main Street. This building is the only one in Columbia of the Second Empire style. *Greater Columbia* describes Sylvan as "one of the city's architectural treasures."

Town Theatre is the nation's oldest community theater. It has presented continuous performances since 1924 and is now listed on the National Register of Historic Places.

A Greek Revival structure built in 1855, the Longstreet Theater was an auditorium for the University of South Carolina. Today it is a theater-in-the-round, staging university-sponsored performances.

COLUMBIA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, the following Columbia parks:

a. Riverbanks Zoo
b. Columbia Riverfront Park and Historic Canal
c. Guignard Park and Granby Gardens Park
d. Memorial Park
e. Sidney Park
f. Earlwood Park
g. Maxcy Gregg Park.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's tour in Richland County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Opening in 1974, Riverbanks Zoo is home to more than 2000 mammals, birds, and reptiles. The Zoo is a refuge for many of the world's endangered animals and a living classroom for zoo visitors. Special features include sea-lion and penguin feedings, milking demonstrations, and diving demonstrations in the new Aquarium Reptile Complex.

Located where the Broad and Saluda Rivers meet, Columbia Riverfront Park and Historic Canal were planned around the city's original waterworks and hydro-electric plant. Interpretive markers explain the history and services of the Columbia Canal (built to bypass the dangerous shoals at the junction of the rivers), the Pump House and old waterworks system, as well as plant and animal life. Columbia Canal Trail is an easy 5.0 mile roundtrip.

There are several parks in the Columbia area. Located in Cayce, Guignard Park provides an easy 0.3 mile trail, and Granby Gardens Park has an easy 0.8 mile nature trail. At the corner of Gadsden and Hampton Streets, Memorial Park has monuments honoring each branch of the armed forces and South Carolinians who died or were missing in action in Vietnam. Sidney Park has a history since the early 1800's. Today there are walking paths, as well as picnic and play areas. At Earlwood Park there are picnic areas, tennis, and an easy 0.5 mile jogging trail. Located in southwest Columbia, Maxcy Gregg Park has an easy 0.3 mile trail.

LAKE MURRAY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Lake Murray.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Located fifteen miles northwest of Columbia, 50,000-acre Lake Murray offers water sports and fishing. There are also many scenic parks and campsites. The Lake Murray Country Visitors Center presents displays that highlight Lake Murray and surrounding areas - Richland, Lexington, Newberry, and Saluda Counties. Interesting towns in the area are the following: Blythewood, Irmo, White Rock, Chapin, and Little Mountain.

LEXINGTON AND SALUDA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Lexington in Lexington County and Saluda in Saluda County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Lexington County was formed in 1785 and named for the first battle of the Revolutionary War in Lexington, Massachusetts. A charter was issued for the town of Lexington in January of 1820. Lexington County Museum Complex comprises fifteen pre-Civil War buildings. Collections depict Lexington County from 1772-1865.

Saluda is the seat of Saluda County. Colonel William Barrett Travis and James Butler Bonham, Saluda residents and heroes of the Alamo, are honored on the courthouse grounds.

EDGEFIELD

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Edgefield in Edgefield County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Edgefield County was the home of ten South Carolina governors and five lieutenant governors. The town of Edgefield has an historic district on the National Register of Historic Places. Pottersville Museum features a rare collection of pottery that reflects the industry that once flourished in the area from 1810 to 1860.

THURMOND LAKE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Thurmond Lake area in McCormick County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Camping is one of the primary pastimes in the Thurmond Lake area. There are over 500 federal and state park sites at nearby Hickory Knob, Hamilton Branch, and Baker Creek state parks.

Stevens Creek Natural Area is near Modoc. This 138-acre hardwood bluff harbors several endangered species of plants and is protected by the Heritage Trust Program. It is also one of the few known South Carolina habitats for the zig-zag salamander.

AIKEN

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Aiken in Aiken County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Before the turn of the century, America's wealthiest families spent the winter in Aiken. *South Carolina: Smiling Faces, Beautiful Places* states that "ninety-room vacation 'cottages,' along with unpaved roads and special stop lights for equestrians reflect the lifestyles of Aiken during the early 1900's."

Today some of the top horses in the nation are trained here. Established by the Aiken Jaycees, the Thoroughbred Hall of Fame features a collection of racing memorabilia.

Hopeland Gardens offers fourteen acres of seasonal color. Along the Touch and Scent Trail, plaques in Braille encourage visitors "to rub the wax myrtle leaves and smell their herbal scent or to compare the fuzzy loquat leaves to the slick, serrated leaves of the tea olive." (*South Carolina: Smiling Faces, Beautiful Places*)

A part of *Banksia*, a beautiful estate built in 1860 by Richard Howe, the Aiken County Museum exhibits artifacts which illustrate the early history of the area. Also on the grounds are a one-room school house (c. 1890) and the Ergle log cabin (c. 1808).

Aiken State Park is sixteen miles east of Aiken. There are four spring-fed lakes and the South Edisto River. The Jungle Trail is an easy 2.4 mile walk.

BARNWELL

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Barnwell in Barnwell County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Known as Red Hill during the American Revolution, Barnwell is the county seat of an area of swamps, riverlands, and pinelands. Keeping perfect time, Vertical Sundial, a 155-year-old sundial in the courthouse square, is believed to be the only one of its kind remaining in the country. Barnwell County Museum presents material concerning Barnwell County. Seven miles northeast of Barnwell, Barnwell State Park is known for its lake fishing and its large community center. Many facilities are designed to accommodate handicapped park visitors.

ALLENDALE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Allendale in Allendale County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Allendale is the county seat of the youngest county in South Carolina. It was formed in 1919 from parts of Barnwell and Hampton counties and named for its first postmaster, Paul H. Allen. The Allendale County Art Gallery and Museum offers war memorabilia, Indian artifacts, and natural history exhibits. There is a special exhibit of the Little White School House.

DENMARK AND BAMBERG

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Denmark and Bamberg in Bamberg County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Located on the stagecoach route from Charleston to Augusta, Lowry's Turnout was renamed Bamberg after a man of that name bought the station. Bamberg is now the county seat of Bamberg County.

Bamberg County has also been the home of noted persons from the world of art and literature. Woodlands Plantation was the home of poet and author William Gilmore Simms. Denmark is the home of Jim Harrison, who has attracted a national following with his paintings of rural America.

Sidewalking: Rivers' Bridge State Park in Bamberg County is the state's only state park commemorating the Confederacy. This park features the remains of the breastwork fortifications constructed by Confederate troops in an attempt to halt the advance of Union troops in 1864. Here Lupine Nature Trail provides an easy 0.4 mile walk.

ORANGEBURG

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Orangeburg County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's tour to Orangeburg County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Orangeburg is the county seat of Orangeburg County. It was named for William, the Prince of Orange, after a settlement of Swiss, Dutch, and German immigrants was established by the General Assembly in 1735.

Known as the "City of Roses," Orangeburg hosts the South Carolina Festival of Roses. Among the city's parks and areas of recreation are Edisto Memorial Gardens and Summers Memorial Park. Opened in 1927, eighty-five acres of Edisto Memorial Gardens display more than 6,000 roses. An additional 4,000 camellias, azaleas, and other flowering shrubs and flowers guarantee a continuous display of color. Edisto Gardens Trails provide an easy 1.5 mile walk. Webster Woods Trail in Summers Memorial Park is a 0.5 mile walk.

Major educational institutions are South Carolina State College (1896), Claflin College (1869), and Orangeburg-Calhoun Technical College (1986). The I. P. Stanback Museum and Planetarium at South Carolina State College features a large planetarium.

Sidewalking:

(1) The Neeses Farm Museum is about fifteen miles west of Orangeburg. The Museum displays many old farm and household items.

(2) St. Matthews in Calhoun County is the rich, broad land near the west bank of the Congaree River. It was one of the first plantation areas above Charleston. At the Calhoun County Museum, there are Indian exhibits, a costume collection, period rooms, and other historic items.

SANTEE AND SUMMERTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Santee in Orangeburg County and Summerton in Clarendon County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Santee is the gateway to nationally famous "Santee-Cooper Country." In this area are 171,00 acres in Lakes Marion and Moultrie with 450 miles of shoreline, a national wildlife refuge, and historic sites. The Santee State Resort Park has nearly 1.5 million visitors each year. Most of these visitors come to fish. Santee National Wildlife Refuge provides a habitat along the Atlantic Flyway for geese and ducks.

There are several nature trails near Summerton. Lakeshore Nature Trail is an easy 1.5 mile roundtrip. Limestone Nature Trail is an easy 1.0 mile. Oakpinolly Nature Trail is an easy 0.9 mile walk. Santee Wildlife Trail is an easy 1.1 mile walk. Dingle Pond Trail is a 1.8 mile roundtrip.

EUTAWVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Eutawville.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's tour in Orangeburg County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Eutawville developed around the site of the Revolutionary Battle of Eutaw Springs, last major engagement in South Carolina.

MANNING

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Manning in Clarendon County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Manning was the site of three American Revolutionary War skirmishes. North of Manning, visitors can walk a 1,296 foot boardwalk trail in Pocotaligo Conservatory Area Park.

KINGSTREE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Kingstree in Williamsburg County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Williamsburg County is located at the southern tip of the Pee Dee River. Kingstree, the county seat, was settled in 1732 when Calvinists from Ireland built clay shelters near the King's tree - a tall white pine on the banks of Black River reserved for use as a royal ship's mast. Today, in the courtyard of the Robert Mills Courthouse is a monument honoring the soldiers of the Confederacy. Along Mill Street is a mural of Revolutionary War hero General Francis Marion as he returns to his blacksmith shop. Displaying period pieces dating from 1749 to 1826 is Kingstree's Thorntree House (c. 1784).

LAKE CITY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Lake City in Florence County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Lake City was named for Lake Swamp, a nearby lagoon of the Lynches River. This area grows tobacco, vegetables, and grapes. Seven miles east of Lake City is the Browntown Museum. Here is the site of the Brown-Burrows House (c. 1845), a cotton gin, corn crib, smokehouse, and outhouse - all built in the early nineteenth century. Nearby Lynches State Park provides river fishing, nature trails, picnic facilities, and an Olympic-size pool.

CONWAY

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Conway in Horry County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

During the plantation era of 1785 to 1860, Conway was known as Conwayborough and was a major stop on the chief North-South stagecoach line. Today, Conway is the county seat of Horry County. The Horry County Museum features archeological and historic exhibits.

MARION AND MULLINS

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Marion and Mullins in Marion County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

One of South Carolina's most famous citizens is General Francis Marion, the Swamp Fox. Marion County is named in his honor. Two towns in this county tour are Marion and Mullins. In the town of Marion, there is a statue of the hero standing in the square across from the Robert Mills Courthouse. The downtown area has been declared a Historic District. The Opera House (c. 1892) contains the Marion Chamber of Commerce and a home of the Playmakers. In nearby Mullins, the historic train depot houses the Greater Mullins Chamber of Commerce. Mullins is also the site of one of the largest tobacco auctions in the world.

DILLON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Dillon in Dillon County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The town and county of Dillon are named for James W. Dillon, a poor Irishman who eventually managed to amass a fortune. In 1888, Dillon persuaded Atlantic Coastline officials to route their new railroad tracks through his land. This led to the establishment of the town of Dillon. The James W. Dillon House is now the Dillon County Museum.

Little Pee Dee State Park is located in Dillon County. This 835-acre park features a wide range of habitats, from a swamp with bottomland hardwoods to sandhills featuring pines and scrub oaks. This is the habitat for the endangered red-cockaded woodpecker. Beaver Pond Nature Trail offers an easy 1.3 mile roundtrip. In *South Carolina Trails*, Allen de Hart writes the following about the park:

> "Named after the Pedee Indians who once owned the area, the location has also been called 'The Devil's Woodyard.' Composer Stephen Foster originally wrote Pedee in his 'Old Folks at Home,' but in the second version changed it to Swanee."

BENNETTSVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Bennettsville in Marlboro County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Marlboro County, the "land of farms," has always been one of the richest agricultural counties in South Carolina. Marlboro was once one of the state's wealthiest counties. Those days are preserved in Bennettsville's Victorian and Greek revival homes. Foremost among these is the Jennings-Brown House (c. 1827) that served as headquarters for Major General Frank P. Blair during the Union occupation of Bennettsville in 1865. Now the house is the Marlboro County Historical Museum.

SANDHILL STATE FOREST

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Sandhill State Forest in Chesterfield and Darlington counties.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

In *South Carolina Trails*, Allen de Hart explains the origin of Sandhill State Forest:

> "In 1939 the South Carolina State Commission of Forestry received 92,000 acres for the U. S. Department of Agriculture's Resettlement Administration program. Under this program, infertile land was restored to timber harvesting, wildlife and fish management research and recreation. Since the late 1930's nearly 30 million pine seedlings of slash, longleaf, or loblolly have been planted...There are short nature trails at the Sugar Loaf Mountain area, and many of the 200-plus miles of truck trails are suitable for hiking. I have hiked some of the roads in the wintertime to study wildlife and in June to pick blueberries."

Sidewalking: The sandhills of this region are ancient dunes formed millions of years ago when the coastline extended to the middle of the state. Remains of these dunes may still be seen along a line reaching from Cheraw to North Augusta. The 45,491 acres of Carolina Sandhills National Wildlife Refuge are home to many species of wildlife. Facilities include hiking trails and an interpretive display.

HARTSVILLE AND DARLINGTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Hartsville and Darlington in Darlington County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Named for Thomas Edward Hart, the town of Hartsville was built on his plantation. The Coker family, related to the Harts, established many businesses in Hartsville, including a famous seed company, mercantile companies, and a ten mile railroad spur.

South Carolina: Smiling Faces, Beautiful Places presents further information about Hartsville. A 28-acre tract, Kalmia Gardens at Coker College represent an almost complete cross section of South Carolina terrain. Both Upcountry and Lowcountry plants and animals thrive here. The H. B. Robinson Information Center is on the site of South Carolina's first commercial nuclear generating facility. Exhibits depict the story of nuclear power. Hartsville Historic Museum is housed in a restored 1908 passenger strain station.

In *South Carolina Trails*, Allen de Hart writes the following about Darlington:

> "Darlington, the county seat, is best known for its leadership in tobacco marketing and the Darlington International Raceway. In addition, it has the Joe Weatherly Stock Car Hall of Fame Museum with the largest collection of race cars in the world. It is also the largest automobile auction market in the nation. As for parks, the largest is beautiful Williams Park (approximately 400 acres)...[Williams Park Trail is an easy combination of trails that equal 1.8 miles]."

FLORENCE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Florence in Florence County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Florence began as a railroad town in the 1850's. The early settlers and developers needed a name for the station so the railroad construction superintendent suggested Florence, the name of the oldest daughter of General Harllee, the man who received a state charter to construct the railroad. The town grew during the Civil War as a shipping center for goods and troops. Today, Florence remains the hub of extensive railroad lines.

The city has many museums and parks. Florence Air and Missile Museum displays thirty-five war planes and missiles. The Florence Museum offers art, as well as exhibits of Oriental and primitive cultures and regional history. Francis Marion College Planetarium presents programs for the public. Jeffries Creek Park has an easy 0.8 mile of combined trails. Lucas Park Trail provides an easy 0.6 mile roundtrip. Timrod Park and Shrine honor the poet laureate of the Confederacy, Henry Timrod, who taught in the one-room schoolhouse (c. 1859) located in the park. The Timrod Park Trail is an easy 1.0 mile roundtrip.

BISHOPVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Bishopville in Lee County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Bishopville is the seat of Lee County. In the early 1800's, Bishopville was a saloon called Singleton's set at the crossroads. Today, the town's economy is based on agriculture.

Nearby is Lee State Park. An interesting natural feature of the 2,839-acre park is the floodplain swamp. Artesian Nature Trail is an easy 1.0 mile walk, and Sandhill Nature Trail provides an easy 0.6 mile route.

CAMDEN

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Camden in Kershaw County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Camden is the state's oldest inland city. First named Fredericksburg and located by the Wateree River, historic Camden changed its name to Pine Tree Hill when the settlers moved to higher ground. In 1768, it was named in honor of British champion of colonial rights Charles Pratt, Lord Camden.

Camden was the major garrison of Lord Cornwallis. The Battles of Hobkirk Hill and Camden were fought in the vicinity. Twelve other Revolutionary War battles took place nearby.

Camden's Revolutionary period has been restored by the Camden District Heritage Foundation. Archaeological research identified the sites of buildings in the original settlement near the 1200 block of Broad Street. There are now four restored buildings. The Joseph Kershaw House, headquarters for Lord Cornwallis, is also being restored. The Historic Camden Trail is an easy 0.7 mile roundtrip. The Pine Tree Hill Trail is an easy 9.8 mile roundtrip.

The Camden area is also known for the fine horses trained and bred here. In November, the world-famous "Colonial Cup" Steeplechase race is held. The "Carolina Cup" takes place near Easter.

SUMTER

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Sumter in Sumter County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Settled around 1740, Sumter was later named for Revolutionary War hero General Thomas Sumter, the "Gamecock General of the American Revolution." Today, the area is both a commercial and agricultural region.

The city has more than thirteen parks and playgrounds. Founded in 1927 and developed by H. C. Bland, Swan Lake Gardens is the most famous. This 100-acre park has forty-five acres of lakes. Millions of iris surround the area. The annual Sumter Iris Festival is held in late May. Swan Lake Trails combine for an easy 1.6 mile walk.

The Williams-Brice Museum and Archives (c. 1845) showcases the Victorian Period. In the Archives, records are available for tracing genealogy - family history.

POINSETT STATE PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, and a walking tour of, Poinsett State Park in Sumter County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Located on the edge of the Wateree Swamp, Poinsett State Park combines mountainous terrain with swampland. The 1,000-acre park has two unique features besides the variety of terrain. Fuller's Earth is a sedimentary formation that is high in silica. Coquina is another unusual feature. This rock is made of naturally cemented shell fragments, indicating that at one time this area was covered by the ocean.

The park is named in honor of Charlestonian Joel Roberts Poinsett (1779-1851), a distinguished Latin American Diplomat and naturalist. In 1828 when he was U. S. Minister to Mexico, Poinsett brought home a wild plant that his fellow scientists named the poinsettia.

There are three walking trails in the park. Coquina Nature Trail and Hilltop Trail combine for an easy 2.4 miles. Lookout Trail provides an easy 2.5 mile roundtrip.

CONGAREE SWAMP

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Congaree Swamp National Monument in Richland County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Twenty miles southeast of Columbia, Congaree Swamp is a significant stand of old-growth riverbottom hardwood forest. The swamp found protection with the National Park System in 1976. Comprising 15,135 acres, the monument is the state's largest natural area for floodplain study. The area boasts approximately ninety tree species, with numerous state record-sized trees and a few national champions.

There is a marked canoe trail to explore Cedar Creek. On Saturdays, naturalist-guided walks last two hours. The popular Boardwalk provides wheelchair access to Weston Lake and foot access to other loop trails. The following trails comprise an easy 19.3 mile roundtrip: Bluff Trail, Boardwalk Trail, Weston Lake Trail, Kingsnake Trail, Eagle Trail, Oak Ridge Trail, and Congaree River Trail.

The Coastal Region:

HISTORIC CHARLESTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance of a walking tour of Charleston.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about the walking tour of Charleston. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The Complete Walking Tour of Historic Charleston by Nita Swann (Charleston Publishing Company, P. O. Box 16026, Charleston, South Carolina 29412) is a beautiful guide book with a good history of Charleston and alternate walking tours of "America's Most Historic City." The following details give a brief history of early Charleston from this guide book:

> "In 1670 a group of colonists sailed from England into what is now Charleston Harbor. They chose a piece of high land about five miles upstream for their settlement and called it Albemarle Point. The trip was financed by eight English noblemen (Lords Proprietors) who had been granted a large tract of land in America by King Charles II in return for political favors. These eight planned, governed, and prospered from their new colony across the sea. This area was also claimed by the Kiawah Indians, whose chief, hoping for protection from more warlike tribes, encouraged the newcomers to build on his lands."
>
> "In 1680 the colonists moved their settlement to the present peninsula and named it Charles Town...By 1704 Charles Town was surrounded by fortified walls, making it one of the few walled cities in North America...By 1717 the walls had gradually come down, allowing for the expansion of the city. The early houses were built of wood and were very close together...As a result, fire was a major threat...Epidemics of smallpox and malaria have also swept through the close quarters of the city."

"In 1720 Carolinians met in Charles Town and successfully petitioned to abolish the authority of the Lords Proprietors and to become a royal colony. By this time, Charlestown had become a flourishing seaport...By the mid-eighteenth century, Charlestown was the wealthiest and fourth largest city in Colonial America...Although the city prospered under royal rule, unjust taxes were creating a major conflict, and in 1773, Charlestown had its own version of the Boston Tea Party...The first, major patriot victory of the Revolution was led by Colonel William Moultrie in a still unfinished, palmetto log fort on Sullivan's Island...However, in 1780 the British had occupied Charlestown and imprisoned leading citizens. The three year occupation took a heavy toll on the city."

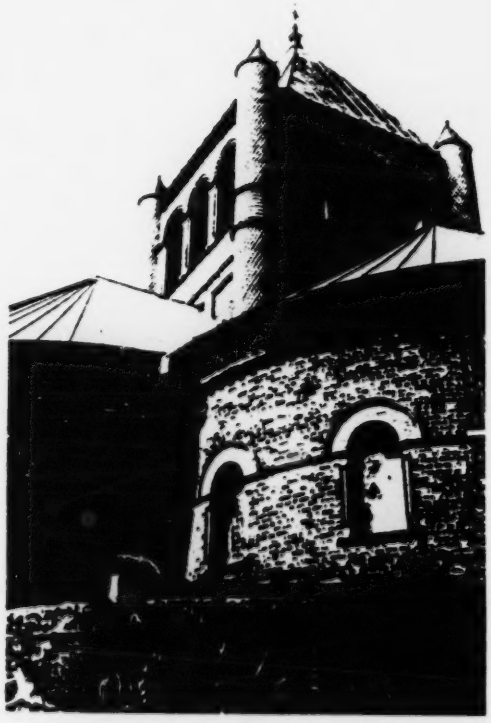
"...[After the Revolutionary War], Charleston (the name under which she was incorporated in 1783) was rebuilt and once again flourished. The cotton gin and improved rice cultivation boosted the economy... The city grew and many fine homes were built."

"...On April 12, 1861, the first shots of the War Between the States were fired by Confederate forces at Fort Johnson onto Federally occupied Fort Sumter in Charleston Harbor...In 1863 Federal troops began a bombardment and the siege of Charleston that lasted 576 days. By the end of the war, the city was in ruins."

"Recovery from the war was slow...Hurricanes in 1885 and 1893, and a great earthquake in 1886, slowed progress in rebuilding. A great hurricane in 1911 was the final blow to the rice industry... Preservation became a way of life...Today the Federal Government has designated Charleston a National Historic Landmark."

[Unlike many other colonies in the New World, Charleston was not founded by a particular religious group. The Lords Proprietors advocated religious tolerance which encouraged immigrants and assured the success of their economic ventures. Today, the influence of Anglicans, French Huguenots, Presbyterians, and Congregationalists can still be seen in the church buildings around the city.]

Historic D.U.C.K. Walk



For more information, refer to Nita Swann's *The Complete Walking Tour of Historic Charleston* and Allen de Hart's *South Carolina Trails*:

Market Hall
Circular Congregational Church
Gibbes Art Gallery
Mills House Hotel
Center for Historic Preservation
Hibernian Society Hall
Fireproof Building
Washington Square
Four Corners of Law
City Hall
Charleston County Courthouse
U. S. Court House and Post Office
St. Michael's Episcopal Church
St. Michael's Churchyard
Flower ladies
South Carolina Society Hall
Andrew Hasell House
Branford-Horry House
First (Scots) Presbyterian Church
Nathaniel Russell House
Otis Mills House
Bull-Huger House
Colonel Isaac Motte House
Major James Ladson House
"The Three Sisters"
Thomas Heyward House
John Edwards House
Calhoun Mansion
Tucker-Ladson House
Two Meeting Street Inn
Colonel William Washington House
Villa Marguerita
White Point Garden (The Battery)
Harbor of History
Louis deSaussure House
John Ravenel House
William Roper House
William Ravenel House
Edmonston-Alston House
Charles Drayton House
Atlantic Street - Zig Zag Alley
Thomas Young House
George Mathews House
George Eveleigh House
A. W. Todd House
Stroll's Alley
Thomas Rose House
First Baptist Church
Colonel Robert Brewton House
Heyward-Washington House
Cabbage Row (Catfish Row)
Thomas Bee House
Tradd Street
Rainbow Row
Coates Row
Old Exchange Building and Provost Dungeon
NCNB Bank Building
Union Insurance Co. Building
Chalmers Street
Old Slave Mart Museum
The Pink House
The Dock Street Theater
French Huguenot Church
"Pirate House"
St. Philip's Episcopal Church
St. Philip's Churchyard
Old Powder Magazine
Judge Robert Pringle House
Fothringham-MacNeill Tenement
Captain Francis Baker House
Colonel John Stuart House
Sword Gates House
Mrs. William Heyward House
William C. Gatewood House
Simmons-Edwards House
"Wedding Cake" House
Patrick O'Donnell's House
Miles Brewton House
Pump House
Goldsmith's Row
Edward McCrady House
Lower Hasell Street
St. Johannes Evangelical Lutheran Church/Rectory
Colonel William Rhett House
George Reynolds House
Benjamin F. Smith House
Kahal Kadosh Beth Elohim
St. Mary's Roman Cath. Church

Seventy-three buildings are pre-Revolutionary, and 136 are late eighteenth century. More than 600 were built before 1840.

CHARLESTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, and walking tours of, the following places:

a. Magnolia Cemetery
b. Charleston Visitor Center
c. Charleston Museum
d. Old Citadel
e. City Market
f. Hampton Park.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

(This tour is similar to the "Driving Tour" outlined by Nancy Rhyne in *Touring the Coastal South Carolina Backroads*. Read this book for more details - Winston-Salem, North Carolina: John F. Blair Publisher, 1992.)

Magnolia Cemetery is located on the former site of Magnolia Umbria Plantation which thrived during colonial days. The plantation was later subdivided into farms, one of which was Magnolia Farm. This farm came under the control of a group seeking to establish a cemetery. Under the direction of architect Edward C. Jones, roadways and paths were laid out around an ancient oak tree.

Charleston Visitor Center is located in what was once the South Carolina Railway Freight Depot Building - constructed in 1856. Along with many excellent exhibits, there is a multi-image slide show called *Forever Charleston*.

Founded in 1773, Charleston Museum has the distinction of being the oldest city museum in North America. There are unique exhibits. Examples are the replica of the Confederate submarine *Hunley*, Charleston sea lore, and colonial-era dolls.

The Old Citadel served as an arsenal from the time of its completion in 1830 to the time South Carolina's military college was established on the site in 1842. Cadets at the Old Citadel saw their first action of the Civil War in 1861, when they fired a series of warning shots at the Federal supply ship *Star of the West* to prevent it from aiding troops at Fort Sumter. The city of Charleston gave the Citadel its present site on the banks of the Ashley River in 1918.

Charleston's City Market is a Charleston tradition. Land was first set aside for a public market between 1788 and 1804. Today's City Market houses shops, boutiques, and restaurants, as well as an open-air flea market.

What is now Hampton Park began in 1792 as the Washington Race Course, owned and laid out by the South Carolina Jockey Club. The men among the planter aristocracy brought their best horses here to race. The annual race week was held in February with lavish social events. As racing time arrived, courts adjourned, stores closed, and schools dismissed early.

CHARLES TOWNE LANDING, CITADEL, AND WADMALAW ISLAND

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, the following:

a. Charles Towne Landing
b. The Citadel
c. Wadmalaw Island.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Charles Towne Landing in Charleston County is the site of the state's first permanent English settlement in 1670. This natural preserve and historic site has 664 acres of untouched forests, landscaped pavilions, marsh, gardens, and educational features. The Charles Towne Garden Trails and Animal Forest Trail combine for an easy 3.2 mile walk. Highlights are the following: the original settlement area, a full-scale replica of the fifty-three foot seventeenth-century trading vessel *Adventure*, the Fortified Area, the 1670 Experimental Crops Garden (rice, indigo, cotton, and sugar cane grown in season), Settlers' Life Area, and the Animal Forest (a twenty-acre natural-habitat zoo).

Established in 1842, The Citadel is one of the last three military state colleges in the nation. Its 2,000-member corps is known for its precision drilling. During the school year, there is a colorful dress parade at 3:45 PM on Fridays. The Citadel also has a museum of military artifacts and equipment.

All of this region is called the Lowcountry because the land is nearly flat and lies almost at sea-level. Much of the Lowcountry's past revolved around the plantations that were prosperous 150 years ago. Rice, indigo, and Sea Island Cotton were grown in the area. Today on Wadmalaw Island, the Charleston Tea Plantation is the only tea plantation in the Lowcountry - or in the United States. In *Touring the Coastal South Carolina Backroads*, Nancy Rhyne writes the following:

"The original tea plants on the plantation were imported from Kenya, Brazil, and other countries. The current ownership is careful to make certain that their tea is a match for that produced by mother plants in terms of quality, taste, and color. Tea is cut by machine every thirteen days from May to October. At each cutting, two leaves and one bud are taken from each plant. All growing, harvesting, drying, grading, and packaging are done on the site. The American Classic Tea produced at the Charleston Tea Plantation is considered gourmet fare. Unlike imported tea, it is free from insecticides and fungicides. It has been used at official and ceremonial events at the White House."

(Notice the various ways to spell "Charleston." The spelling has changed with the history of the area. As a result, different sources give different ways to spell "Charleston.")

SEABROOK ISLAND

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Seabrook Island in Charleston County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Twenty-three miles from Charleston, Seabrook Island offers its guests luxurious villas, beautiful beaches, tennis, golf, an equestrian center, a trail network, fishing, sailboats, and bicycles. Nearby Barrier Island offers nature study for schools.

KIAWAH ISLAND AND FOLLY BEACH

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Kiawah Island and Folly Beach in Charleston County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Twenty miles from Charleston, Kiawah Island is a 10,000-acre island with two resort villages. There are ten miles of broad beach, villas, an inn, restaurants, shopping arcades, abundant wildlife, tennis, and golf. Catamarans and bicycles may be rented. Jeep and water safaris to undeveloped areas of the island are also available.

Folly Beach is a seven mile beachfront town. Folly Beach County Park is a wide-open park with 4,000 feet of ocean frontage and 2,000 feet of frontage on the Folly River.

DRAYTON HALL, MAGNOLIA GARDENS, AND MIDDLETON PLACE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Drayton Hall, Magnolia Gardens, and Middleton Place in Charleston and Dorchester Counties.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

In *The Complete Walking Tour of Historic Charleston*, Nita Swann writes the following concerning plantation life:

> "By the mid-eighteenth century, Charleston was the wealthiest and fourth largest city in Colonial America. Merchants, who had invested their wealth in land and slaves, now became planters. Some of the greatest plantations were located along the Ashley River. Slavery was the impetus behind the success of these plantations. More than half of the population of Charlestown was black, and only a handful were free. Most slaves were brought from West Africa or from the plantations of Barbados, and many were skilled in rice cultivation. They were also immune to the fevers of malaria that sent the planters to their townhouses during the 'sickly time' between May and November."

The plantation country around Charleston follows the Ashley River. Approximately ten miles north of Charleston is Drayton Hall. Built between 1738 and 1742, Drayton Hall is one of the finest examples of colonial architecture in America. Through seven generations of Drayton ownership, this National Historic Landmark has remained in virtually original condition and is the only Ashley River plantation house to survive the Civil War intact.

Settling in Carolina in 1679, the Draytons became one of South Carolina's most distinguished families. In 1738, John Drayton purchased land next to his father's plantation, now known as Magnolia Gardens. After four years of construction, Drayton Hall was completed and became the center of John Drayton's plantation operations. Today as an accredited museum, Drayton Hall provides varied educational programs for grades K-12.

Adjoining Drayton Hall Plantation is Magnolia Plantation and Gardens. The ancestral home of the Draytons has been in the same family since the arrival of Thomas Drayton from Barbados in 1671. This magnificent 300-year-old plantation includes the country's oldest "colonial estate" gardens (c. 1685). The Plantation House dates from the Reconstruction Era. Other activities include a petting zoo and mini-horse ranch, a 500-acre waterfowl refuge with an observation tower, rental bikes and canoes, an eighteenth century herb garden, a Biblical garden, the Audubon Swamp Garden, and horticultural maze. The Magnolia Gardens Trails combine for an easy 1.7 mile roundtrip. The Magnolia Wildlife Trail provides an easy 3.4 miles.

Just three and a half miles away is Middleton Place. From 1741 to 1865, the plantation was the family seat of four successive generations of Middletons - Henry Middleton, President of the First Continental Congress; his son Arthur, a signer of the Declaration of Independence; the second Henry, governor of South Carolina and U. S. Minister to Russia; and Williams, a signer of the Ordinance of Secession in 1860.

Today the National Historic Landmark encompasses America's oldest "landscaped" gardens, the Middleton Place House, and the Plantation Stableyards. The Middleton Gardens reflect seventeenth century European design. Built in 1755 as a gentlemen's wing, the Middleton Place House became the family residence after the plantation was burned during the Civil War. Priceless silver, china, furniture, books and works of art are on exhibit. To present a view of country life with animals, artifacts, and crafts of the rice and cotton era, there are demonstrations in the plantation stableyard by a blacksmith, potter, weaver, and carpenter. The Middleton Place Trails provide an easy and beautiful 1.8 mile walk.

GIVANS FERRY STATE PARK AND SUMMERVILLE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Givans Ferry State Park and Summerville in Dorchester County.

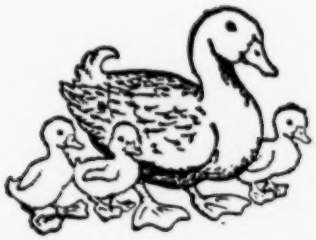
2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Just sixteen miles west of Summerville is Givhans Ferry State Park, located in both Colleton and Dorchester Counties. Canoeists enjoy paddling to this park from Colleton State Park. Givhans, on a bluff overlooking the Edisto River, offers riverfront cabins, camping, and great river fishing.

Captain Philip Givhan (a Revolutionary War officer and road commissioner) and his descendants maintained a ferry on this site. The ferry was the primary crossing of the Edisto between Charleston and the upper western part of the state before the railroads and highways.

Twenty-five miles inland from Charleston, Summerville was originally populated by Lowcountry citizens who retreated here in the summer to escape malaria. By 1891 Summerville's reputation as a health resort grew nationwide. Known as "Flowertown in the Pines," Summerville has 700 buildings listed in the National Register of Historic Places.



OLD DORCHESTER STATE PARK, BOONE HALL, AND MT. PLEASANT

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Old Dorchester State Park, Boone Hall Plantation, and Mt. Pleasant in Dorchester and Charleston Counties.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Historic Old Dorchester State Park is the site of a colonial village founded in 1696. The village includes a 1757 tabby fort, the tower of St. George's Parish Church, and a small outdoor museum on the history of Dorchester and the upper Ashley River.

Receiving its name from Major John Boone, Boone Hall Plantation is a 738-acre estate rich in the history of the Lowcountry. A member of the First Fleet of settlers who arrived from England in 1681, Major Boone received the land as a grant from the Lords Proprietors. Boone Hall Plantation was a cotton plantation in the eighteenth and nineteenth centuries and covered more than 17,000 acres. The brick and tile, handmade on the plantation, may still be seen in the mansion, cotton gin house, slave cabins, circular smokehouse and in the formal gardens' walls and walks. By 1904 Boone Hall Plantation had developed the world's largest pecan groves. These acres are still productive.

The plantation is famous for its three-quarter mile avenue of Spanish moss-draped live oaks. The first trees of the avenue were planted in 1743 by Captain Thomas Boone. The avenue, smokehouse, and slave cabins are listed on the National Register of Historic Places.

At Patriots Point in Mt. Pleasant, the aircraft carrier *Yorktown*, named for the first *Yorktown* sunk at the battle of Midway, is the nucleus of the Patriots Point Naval and Maritime Museum, Charleston Harbor. Moored alongside her are the famous World War II *Laffey* and the diesel-powered submarine *Clamagore*. With them is the *N/S Savannah*, the only nuclear-powered merchant ship in American history.

FORT SUMTER AND FORT MOULTRIE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as walking tours of, Fort Sumter and Fort Moultrie in Charleston County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

On Sullivan's Island, Fort Moultrie has served as security for Charleston Harbor for over 200 years. It was here in 1776 that Colonel William Moultrie and his men drove off a squadron of nine British warships at the Battle of Sullivan's Island. This was the first decisive American victory in the Revolutionary War. Fort Moultrie is now open to visitors daily and administered by the National Park Service. In *South Carolina Trails*, Allan de Hart writes the following: "On your walk, which should include Cannon Walk and Battery Jasper, you will go back in time, from World War II Harbor Entrance Control to the palmetto-and-sand fort of 1776."

Across the channel is Fort Sumter where the first shots of the Civil War were fired. The shelling lasted for thirty-four hours, and on April 14, Major Robert Anderson agreed to evacuate. On April 15, President Lincoln began to mobilize the U. S. militia to begin the Civil War. For four years, the Confederates held the fort and never surrendered to Union attacks.

SULLIVAN'S ISLAND AND ISLE OF PALMS

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Sullivan's Island and Isle of Palms, as well as walks on their beaches.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour in Charleston County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The beach resort of Sullivan's Island consists mainly of rustic beach houses, wide beaches, and Fort Moultrie. The Isle of Palms offers a resort, rental cottages, and condominiums.

CAPE ROMAIN WILDLIFE REFUGE AND CAPERS ISLAND

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Cape Romain Wildlife Refuge and Capers Island in Charleston County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

A 60,000-acre wilderness area, Cape Romain National Wildlife Refuge is a stretch of barrier islands and salt marshes that make up one of the nation's outstanding wildlife refuges. One of more than 400 in the nation, this wildlife refuge was created by Congress and administered by the U. S. Fish and Wildlife Service of the Department of the Interior. The refuges provide a natural environment for the protection of all species of wildlife, including those endangered or threatened.

Major barrier islands of the refuge are Bull's Island, Cape Island and Raccoon Key. More than 260 species of birds have been recorded on Bull's Island, and more than thirty-five mammal species have been identified in the entire refuge. Visitors can travel by boat to Bull's Island - named in honor of colonial leader Stephen Bull. Once there, they travel by foot. Bull's Island Wildlife Trail is an easy 2.0 mile walk. Sheepshead Ridge Loop Trail provides an easy 3.7 miles. Old Fort Loop Trail includes an easy 6.6 mile hike. Other hikes are on the beach - 4.0 miles to Boneyard Beach or 4.0 miles southwest to the shelter and south end. Since there is no camping allowed, visitors may wish to consult the South Carolina Wildlife Department about camping on Capers Island which adjoins Bull's Island.

MCCLELLANVILLE, SANTEE COASTAL RESERVE, HAMPTON PLANTATION STATE PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to McClellanville, Santee Coastal Reserve, and Hampton Plantation State Park in Charleston County.

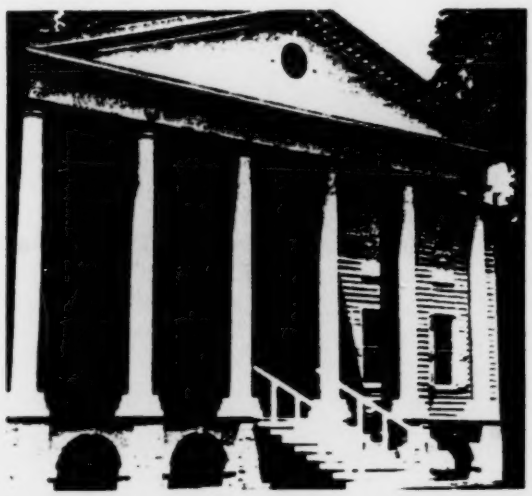
2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

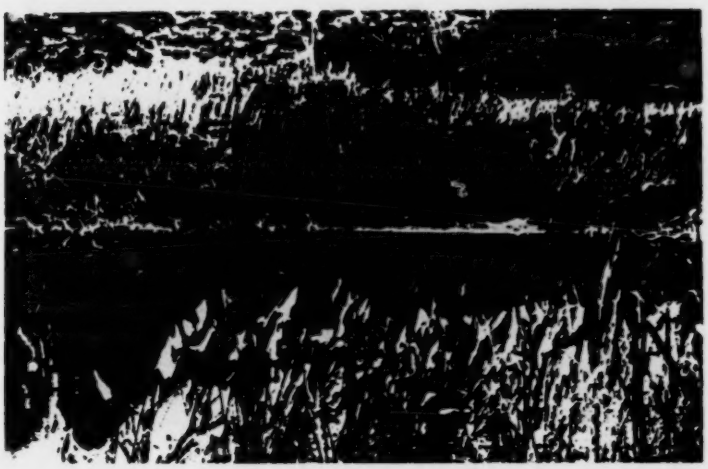
3. The following information is for this week's tour:

A quiet fishing village on the Intracoastal Waterway, McClellanville was established years ago as a summer retreat by planters who lived along the Santee River.

Before the arrival of the French Huguenots in the late 1600's, the now Santee Coastal Reserve was inhabited by the Santee Indians. Today this area comprises 24,000 acres secured in 1974 by The Nature Conservancy and donated to the South Carolina Wildlife and Marine Resources Department. The reserve adjoins the Francis Marion National Forest on the southwest, the Cape Romain National Wildlife Refuge on the south, and the North Santee River on the north. Almost every species of Atlantic shorebird can be found here. Endangered sea turtles come ashore and lay their eggs. Nature trails, a canoe trail, and a bike-hike trail are provided. The Santee Coastal Reserve Nature Trails provide an easy 6.2 mile roundtrip.

Hampton Plantation State Park is fifteen miles southwest of Georgetown. One of the finest examples of colonial domestic architecture is represented in the restored house at Hampton Planation. The mansion features cutaway sections exposing the 1700's techniques used in its construction. Adjacent to the Santee River, it was once the centerpiece of a coastal rice plantation. The house last served as the home of Archibald Rutledge, noted writer and South Carolina poet laureate. [Nearby is 275 year-old James Church on the Santee.]





GEORGETOWN AREA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Georgetown area:

a. Rice Museum
b. *Rattlesnake*
c. Kaminski House
d. Man-Doyle House
e. Prince George Winyah Church
f. Hopsewee Plantation
g. Huntington Beach State Park - *Atalaya*
h. Brookgreen Gardens.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour in Georgetown County. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Georgetown was first settled in 1526 by the Spaniards. The settlement failed because of a hurricane and Indian attacks. Later established in 1729 by the English in honor of King George II, Georgetown became the third city in South Carolina.

From the earliest settlement until the first decade of the 1900's, rice dominated life in Georgetown. In the 1840's, the Georgetown region produced almost half the rice grown in the United States. The Rice Museum is located in the Old Market Building, the first Georgetown structure to be listed on the National Register of Historic Places. The building was erected in 1842 and is known locally as the Town Clock because of the clock faces located on all four sides of the bell tower.

There are many places of historical interest in Georgetown. *Rattlesnake*, a hand-built replica of an eighteenth century British privateer, is moored today at the Harborwalk. Fine area antiques and furnishings are in the Kiminski House, a seafarer's townhouse (c. 1760) built in Historic Seaport Georgetown. A good example of an ancestral colonial home is the Man-Doyle House. This rice planter's townhouse was built around 1775. Prince George Winyah Episcopal Church was established in 1721 as a parish of the Church of England for colonists who settled there.

Overlooking the Santee River twelve miles south of Georgetown, Hopsewee Plantation was built around 1740. A rice plantation, it was owned by the colonial Lynch family. Hopsewee was the home of Thomas Lynch, a South Carolina delegate to the Continental Congress and the birthplace of his son Thomas, Jr., who signed the Declaration of Independence. A house tour highlights period furnishings and two kitchens.

Huntington Beach State Park in Georgetown County is the 2,500-acre scenic beach area on the south end of South Carolina's "Grand Strand." It is named in honor of Archer and Anna Hyatt Huntington of New York City, who owned the property from 1930 to 1960. Anna Hyatt Huntington was a famed sculptress. The park has retained the Huntingtons' former summer home and studio - the 36-room *Atalaya* (meaning watchtower), modeled on a royal court from the Spanish Province of Granada.

This park is adjacent to Brookgreen Gardens, which offers a beautifully preserved beach on the Grand Strand. Here is the world's largest collection of American statuary set in gardens. The 526 original works by 232 artists are accented by over 2,000 varieties of plant life. Sea Oats Nature Trail is an easy 1.0 mile, and Marsh Boardwalk Trail is an easy 0.3 mile.

GRAND STRAND, PART ONE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Myrtle Beach area:

a. Pawleys Island (Georgetown County)
b. Litchfield Beach (Georgetown County)
c. Murrells Inlet (Georgetown County)
d. Garden City (Horry County)
e. Surfside Beach (Horry County)
f. Myrtle Beach State Park (Horry County)
g. Myrtle Beach (Horry County).

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Between Georgetown and Pawleys Island at the entrance to Hobcaw Barony is the Bellefield Nature Center. The center is part of the 17,500 acres which are the property of the Belle W. Baruch Foundation and research sites for two Baruch Institutes. There are aquariums and terrariums, local plants and animals, and a salt water "touchtank."

Pawleys Island is one of the oldest resorts on the Atlantic coast. The island was a refuge for colonial rice planters' families who sought escape from malaria. Pawleys Island Hammock Shop houses an original plantation home and is the homesite of the original rope hammock. Several shops have local craftsmen making the woven cord creations.

Litchfield Beach, Murrells Inlet, Garden City, Surfside Beach, and Myrtle Beach are a part of the sixty mile stretch of beaches along the Atlantic Ocean that is called the Grand Strand. Fishing excursions leave daily from several docks, and the inlets are good for crabbing and fishing. Along these beaches, the sea oats are protected by law. No cutting or uprooting of sea oats is allowed because the plants are homes to shore birds and prevent destruction of the dunes by the wind and ocean.

Myrtle Beach State Park in Horry County is the 312-acre preserve only three miles south of downtown Myrtle Beach. A state park since 1934, it has more than two million visitors annually - more than any of the other South Carolina state parks. Its name comes from the fragrant coastal shrub, the wax myrtle, known for its use in bayberry candles, dye, medicine, and spices. The Sculptured Oak Nature Trail is an easy 1.0 mile walk. Other hiking in the park is primarily on the beach.

GRAND STRAND, PART TWO

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the miles to the following places (traveling toward the stateline in Horry County and then back to the Georgetown County area):

a. Windy Hill Beach
b. Atlantic Beach
c. Crescent Beach
d. Ocean Drive Beach
e. Cherry Grove Beach
f. Little River
g. Georgetown County area.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The wide beaches on this tour complete the rest of the sixty mile area called the Grand Strand. Horry is the county in which most of the popular Grand Strand resorts and family beaches are located. In the early days, Horryites were fiercely independent and cut off from Georgetown's society by rivers and swamps. The county earned the title "The Independent Republic of Horry."

Sidewalking to Conway: The county seat of Horry County, Conway is called "The Gateway to the Grand Strand." During the plantation era (1785-1860), this town was known as Conwayborough and was a major stop on the North-South stagecoach line.

FRANCIS MARION NATIONAL FOREST AND MONCKS CORNER

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Moncks Corner through the Francis Marion National Forest in Berkeley County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The 245,000-acre Francis Marion National Forest was once the battleground where General Francis Marion engaged Colonel Banastre Tarleton's British troops during the Revolutionary War. In *South Carolina Trails*, Allen de Hart describes this area:

> "Congress has designated four wilderness areas in the Francis Marion National Forest. These are Wambaw Creek, Wambaw Swamp, Little Wambaw Swamp, and Hell Hole Bay. These areas are wet and swampy; enter with a compass and detailed maps. The Forest Service has designated Guilliard Lake on the Santee River as a scenic area (At Jamestown, Guilliard Lake Trail is a 0.6 mile easy roundtrip.)...The districts have two major hiking trails: the Swamp Fox Trail for hikers (a 20.8 mile moderate walk) is in both districts, and the Jericho Trail for hikers and equestrians (a 19.8 mile moderate walk) is in the Witherbee District. The Wambaw District also has a 40.0 mile motorcycle trail with several loops. The trail is moderate to easy, accommodating all levels of riding skill...[There are two sites on the National Register of Historic Places - The Battery, a Civil War earthworks fortification on the Santee River, and the Sewee Shell Mound, on the Intracoastal Waterway.]"

In *South Carolina: Smiling Faces, Beautiful Places*, Moncks Corner is described as follows: "If Santee Cooper Country had a capital, perhaps it would be Moncks Corner. The town is the site of numerous historic churches. The dam and locks of the mighty hydro-electric power plant are nearby."

Old Santee Canal State Park is located one mile east of Moncks Corner. This historic site and park offers a unique blend of natural wonders and colorful history. Here canoeists can use the southern terminus of an early nineteenth century canal. D.U.C.K. Walkers can use the boardwalks to explore the wildlife-rich Biggin Creek Basin. Old Santee Canal Trail is an easy 3.0 mile roundtrip.

FRANCIS BEIDLER FOREST

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did our entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Francis Beidler Forest in Dorchester County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

The 5,820-acre Francis Beidler Forest in Four Holes Swamp contains the largest remaining virgin stand of bald cypress and tupelo gum trees in the world. Many of these trees are one thousand years old or older. There is a 1.5 mile boardwalk through a portion of the swamp forest.

Four Holes is a flowing swamp-stream system fed by springs and runoff from surrounding high areas. The Francis Beidler Forest is named for the lumberman-conservationist who preserved the area from logging. Following his death in 1924, his family continued to preserve large holdings within Four Holes Swamp. In the late 1960's, with the liquidation of the estate, the prospect of logging the property drew the attention of local conservationists and led to action by the National Audubon Society and The Nature Conservancy. Funds were raised by the organizations to acquire the initial 3,415 acres as a sanctuary.

Sidewalking: Cypress Gardens was originally part of Dean Hall, one of the Cooper River's most important rice plantations that flourished from the eighteenth century until the Civil War. Once used as a reservoir to flood the surrounding rice fields, the 163-acre swamp was the agricultural center of the 3,000-acre estate. Today the black water swamp garden is the focal point. Created by owner Benjamin Kittredge, these Berkeley County gardens can be viewed from flat bottom boats or from three miles of walking paths.

COLLETON STATE PARK AND WALTERBORO

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Colleton State Park and Walterboro.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Colleton County was named for Sir John Colleton, a Lord Proprietor. At one time, this county was the leading producer of rice in America.

Colleton State Park is twelve miles north of Walterboro and five minutes from I-95. Campers, fishermen, and canoeists can enjoy the waters of the Edisto River. This portion of the river has been designated the state's first canoe and kayak trail. The Edisto River Canoe and Kayak Trail traces fifty-six miles of the black water of the Edisto River from the point where U. S. 21 crosses the river in Orangeburg County (the Midlands) to Givhans Ferry State Park in Dorchester County (the Coastal Region). D.U.C.K. Walkers can also try the Colleton State Park Nature Trail, an easy 0.4 mile walk.

Walterboro was first named Hickory Valley in 1784 when owners of rice plantations chose the area for summer homes. Walterboro was then named for two original settlers - Paul and Jacob Walters. The town became the county seat of Colleton County in 1817. There are fine examples of nineteenth century architecture in many residences. The Colleton County Court House (1822), Old Colleton County Jail (1855), and Walterboro Library Society Building (1820) are on the National Register of Historic Places.

HAMPTON AND YEMASSEE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Hampton and Yemassee.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Hampton is the county seat of Hampton County and named for General Wade Hampton, an important Civil War military leader and former South Carolina governor. Lake Warren State Park is located five miles southwest of Hampton. This park is one of South Carolina's newest state parks.

Many names in this area reflect the Indian heritage of the Lowcountry. Yemassee is a small community named for the Yemassee Indian tribe who once lived in the area. Arrowheads and pieces of Indian pottery are still found here. Other Indian names in the area are Ashepoo, Coosawhatchie, and Combahee.

Sheldon Church Ruins are near Yemassee. Built in 1753, Sheldon Church was burned by British troops in 1779. Rebuilt in 1826, the church was burned by Sherman's troops in 1865. Today memorial services are held on the second Sunday after Easter.

HARDEEVILLE AND SAVANNAH NATIONAL WILDLIFE REFUGE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Hardeeville and the Savannah National Wildlife Refuge.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Hardeeville is located at the crossroads of I-95 and U. S. 17. The town is known as the "Inn Village" because of the many room accommodations for travelers.

The 25,608-acre Savannah National Wildlife Refuge is located on the site of several former rice plantations. The rice fields are now the homes of wood ducks, purple gallinules, and king rails. Yearly there are more than 20,000 migratory ducks (representing over twelve species) which "winter" here. There are also alligators and over 200 species of birds.

Hardeeville and Savannah National Wildlife Refuge are located within Jasper County, established in 1912. *South Carolina: Smiling Faces, Beautiful Places* states that Jasper County was named for the Revolutionary War patriot Sergeant Jasper, who raised the fallen Carolina colors at Fort Moultrie during British attack.

DAUFUSKIE ISLAND AND BLUFFTON

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, and walking tours of, Daufuskie Island and Bluffton in Beaufort County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Accessible only by boat, Daufuskie Island was once a small rural island inhabited mainly by descendants of former slaves. Pat Conroy wrote about Daufuskie Island in his novel *The Water is Wide* which was made into the movie *Conrack*.

Bluffton is set high on the bluff of the May River estuary. *South Carolina: Smiling Faces, Beautiful Places* describes Bluffton as a "charming village that catches every breeze that blows."

HILTON HEAD ISLAND AND PINCKNEY ISLAND NATIONAL WILDLIFE REFUGE

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as a walking tour of, Hilton Head Island and Pinckney Island National Wildlife Refuge in Beaufort County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Allen de Hart writes that Hilton Head Island has a history of 4,000 years, beginning with the American Indians. From 1526 when it was sighted by the Spanish, to the early 1700's, Spanish, French, and English pirates fought for its control.

Hilton Head Island was named for English sea captain William Hilton, who sailed the *Adventure* into Port Royal Sound in 1663. In the early eighteenth century, English settlers established plantations and used West African "Gullah" slaves to raise rice, indigo, and Sea Island Cotton. During the Civil War, Union forces used it as a base for blockading nearby Southern ports. Today Hilton Head Island is a favorite resort area.

Located in Beaufort County, Hilton Head is the largest sea island between New Jersey and Florida. Situated between the Intracoastal Waterway and the Atlantic Ocean, the island covers forty-two square miles and is twelve miles long and five miles wide at its broadest point. Major resorts are Palmetto Dunes, Port Royal Resort, Sea Pines Plantation, and Shipyard Plantation. Harbour Town on Calibogue Sound is the island's most famous community. It is located on the Intracoastal Waterway within Sea Pines Plantation.

The 4,053-acre Pinckney Island National Wildlife Refuge includes expanses of salt marsh and several islands. Pinckney Island is the largest island and the only upland area open for hiking and bicycling. Over fourteen miles of trails are available.

BEAUFORT AND PARRIS ISLAND

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to, as well as a walking tour of, the following places in the Beaufort County area:

a. Parris Island Museum
b. Fort San Felipe
c. Santa Elana
d. San Marcos.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

South Carolina: Smiling Faces, Beautiful Places records that Spanish explorers discovered this area one hundred years before the Pilgrims landed at Plymouth Rock. Flags of Spain, France, England, Scotland, the United States, the Confederate States, and South Carolina have flown here.

Also recorded in the book is the following:

"One year after St. Augustine was founded in 1565, Spaniards came to Parris Island and built Fort San Felipe and the village of Santa Elana. The village was destroyed by Indians in 1576, but the Spanish returned the following year, re-established the town and built San Marcos."

"Parris Island Museum, Marine Corps Recruit Depot, features displays on the history of Parris Island from 1564 to the present and a collection of vintage Marine Corps uniforms and weapons. Three famous monuments are located at Parris Island: a tribute to Jean Ribaut, a French Huguenot who in 1562 established a fort on what became Parris Island; the Iwo Jima flag raising monument; and the Iron Mike Monument."

BEAUFORT AREA

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to the following places in the Beaufort County area:

a. George Parson Elliott House Museum
b. John Mark Verdier House
c. Beaufort Museum
d. Fort Frederick
e. National Cemetery
f. St. Helena's Episcopal Church.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Beaufort was first laid out in 1710 by Henry, Duke of Beaufort. It was charted in 1711, and the name of Beaufort stayed with the area.

In the nineteenth century, Beaufort was called "the wealthiest, most aristocratic and cultivated town of its size in America." Many of its old homes are still standing. Two houses are examples of these historical homes of Beaufort. George Parsons Elliott House Museum features a Greek Revival home built around 1840. The John Mark Verdier House was built in the Federal style around 1790 by a leading merchant. Its most famous guest was the Marquis de Lafayette. Union forces used the house as headquarters during the Civil War.

Built in 1795 of brick and tabby, the Beaufort Museum was an old arsenal. It contains Civil War relics and plantation handicrafts, as well as fossils, early Indian pottery, and stone artifacts. [Tabby is a type of construction introduced by the Spaniards. Oyster shells were burned for the lime. Mixing the shells, sand, and water resulted in a "cement-like" mixture. This mixture was poured into wooden molds and tapped into form. The mixture became known as "tappy" or "tabby."]

Fort Frederick is on the grounds of the Naval Hospital. It was built in 1732 for defense against the Spanish, French, and Indians. Abandoned in 1758, the fort exists today as tabby walls.

The National Cemetery was established in 1863 by President Lincoln. It contains the graves of 9,000 Union soldiers and 122 Confederate soldiers who died in the South.

St. Helena's Episcopal Church was built around 1724. During the Civil War, the church was a hospital. Gravestones from the churchyard were brought inside to serve as operating tables.

ST. HELENA ISLAND, HUNTING ISLAND STATE PARK, AND FRIPP ISLAND

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to St. Helena Island, Hunting Island State Park, and Fripp Island in Beaufort County.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

In *Heritage Education* (Document No. 5, from the South Carolina Department of Archives and History), the following information describes a typical Lowcountry plantation house:

> "Coffin Point Plantation House (St. Helena Island, Beaufort County, c. 1800) is a good example of a Lowcountry plantation house. The style is based on the popular ***Adam*** style - a style copied from one designed by the English architects, the Adam brothers. In the United States, the Adam style was often called the ***Federal*** style because it was popular during the early days of our federal government when the United States had just won its independence from England...In South Carolina, it was the master builder rather than the professional architect who usually designed and built Lowcountry plantation houses. A master builder named Mr. Wade built Coffin Point with the help of five carpenters. The foundation is made from tabby - a concrete-like material made from sea shells...The decorations - dentil course in the eaves, the pediment in the center of the house, ...the half-circle windows above the doors - were popular in Federal style buildings."

South Carolina: Smiling Faces, Beautiful Places presents the following information about The Penn Center on St. Helena Island:

> "Established in the midst of the Civil War, the Penn School was the first school for freed slaves in the South. (Today) The Penn Center works to promote community services. (The York W. Bailey Museum reflects the heritage of blacks among the sea islands.)"

One of South Carolina's most-visited parks, Hunting Island State Park in Beaufort County includes 5,000 acres of forest, marsh, lagoon, and beach. (There are three miles of beach for walking and shell collecting.) This barrier island acquired its name from hunting of abundant wildlife. In *South Carolina Trails*, Allen de Hart writes that when the state acquired the property from Beaufort County in 1938, it "redeveloped" the island with protective measures for the wildlife, marshes, and the thick forest of palmetto and slash pine. He describes the view of the island and its estuaries from the Hunting Island Lighthouse as magnificent. The Lighthouse Nature Trail is an easy 0.9 mile.

Fripp Island is sixteen miles east of Beaufort and adjacent to Hunting Island State Park. The Marsh Boardwalk Trail at Fripp Inlet is an easy 0.5 mile walk. A walk on this National Recreation Trail follows a boardwalk across the marsh to several small islands with white sand, pines, live oaks, and palmetto.

EDISTO ISLAND AND EDISTO ISLAND STATE PARK

1. Everyone in your class walked one mile each. Total the miles that your entire class walked by adding one mile for each person in your class. How many miles did your entire class walk? These are called your "class miles." Your "class miles" will equal approximately the distance to Edisto Island State Park on Edisto Island.

2. Study the D.U.C.K. Walking bulletin board. Take time to read about this week's imaginary tour. Choose and complete any of the "Extra Mile" activities for health, social studies, mathematics, language arts, science, physical education, fine arts, and family activities. Update your resource person on your "class miles" and "Extra Mile" activities.

3. The following information is for this week's tour:

Edisto Island in Charleston County is named for the peaceful Edisto Indians. Settled around 1690, the island is between the North Edisto and South Edisto rivers and faces the Atlantic Ocean. The island was once famous for growing Sea Island Cotton. Today a 1,225-acre section has been designated as the semi-tropical Edisto Beach State Park. There are plenty of fossils and shells - cockle, calico, scallop, whelk, and olive - particularly after a storm. There are tall pines, palmettos, and dense live oaks draped with Spanish moss. The Indian Mound Trail is an easy 3.6 mile roundtrip.

In *South Carolina Trails*, Allen de Hart writes "prepare yourself: there are biting insects, poison ivy, and poisonous snakes in the area." He goes on to write the following:

> "When I re-entered the depths of the forest, a slight breeze moved the vegetation. I expected a Fizzgig of the *Dark Crystal* to leap at me with a a shriek from a vine-covered stump. After one mile, I turned left at a fork in the old road and reached the Indian Shell Mound near Scott Creek at 1.8 miles. This mound, like others in the park, may have been simply a large pile of shell refuse. Some of the mounds may be 4,000 years old. (Please do not disturb the mounds.) I backtracked on the old road, careful not to get lost as I explored the mysteries of the spur roads into the world of the Gelflings."

PRESIDENT GEORGE WASHINGTON TOURS SOUTH CAROLINA

For an interesting "sidewalking" tour of the Coastal Plain Region, consult *George Washington Tours the South: His Journey Through South Carolina (1791)*, published by the Public Programs Division of the South Carolina Department of Archives and History and printed by the South Carolina Department of Parks, Recreation, and Tourism (1991). This free brochure accounts the itinerary and journal entries of President George Washington as he attempted "to acquire knowledge of the face of the country, the growth and agriculture thereof - and the temper and disposition of the inhabitants toward the new government."

The following tour is equivalent to several weeks of accumulative "class miles":

1. James Cochran's house, Little River
2. Jeremiah Vereen's house, Myrtle Beach
3. Singleton's Swash, Myrtle Beach
4. George Pawley's house, Myrtle Beach
5. Henry Collins Flagg's house, Brookgreen Gardens
6. Clifton Plantation, Waccamaw Neck
7. Front Street house, Georgetown
8. Hampton Plantation
9. Salt Hope Plantation, Awendaw Creek
10. Snee Farm
11. Haddrells Point
12. Heyward Washington house, Charleston
13. Governor Charles Pinckney's house, Charleston
14. John Rutledge house, Charleston
15. The Exchange, Charleston
16. Edward McCrady's Tavern Charleston
17. Fort Johnson, James Island
18. Fort Moultrie, Sullivan's Island
19. The Orphan House, Charleston
20. St. Michael's Church, Charleston
21. St. Phillip's Church, Charleston
22. Sandy Hill Plantation
23. Judge Thomas Bee's house, Colleton County
24. Duharra Plantation
25. Pocataligo
26. White Hall Plantation, Jasper County
27. Purrysburg

Officials of Savannah, Georgia, met Washington at Purrysburg, escorted him to an eight-oared barge, and rowed him down the Savannah River for twenty-five miles to his next destination - the city of Savannah.

TRAVEL NOTES:

The Upcountry	The Midlands	The Coastal Region

LEVEL THREE

GOING THE EXTRA MILE

Two Hundred Reasons
for Walking

TEACHERS, STUDENTS, AND FAMILIES USE IDEAS

HEALTH	*SOCIAL STUDIES*	*MATHEMATICS*	*LANGUAGE ARTS*
"Aerobic"	Communities	Mileage chart	Diary
Walk technique	Transportation	Time line	Class journal
Warm-up	Communications	Paces/minute	Family journal
Cool-down	Work places	Distances	Info. letter
Stretching	Careers	Temperature	Pen Pals
Pulse rate	Local stories	Computing	Storytelling
Benefits	Local games	Target pulse	Newsletter
Nutrition	Local tales	Resting pulse	School news
Snacks	Road markers	Calories	Trail signs
First aid	Industries	Counting	Walking quotes
Calories	Highways	Aerobic time	Newspapers
Posture	Festivals	Strides/minute	Fitness terms
Disabilities	Schools	Averaging	Walking terms
Stress	Governments	Metric measure	Speaker
Double DUCK	State emblems	Estimation	Announcements
Self-esteem	State symbols	Math careers	Scrapbook
"Fit Tips"	Customs	Addition	News show
Journal	Indians	Subtraction	"Fit Tip"
Drinking water	Leaders	Multiplication	DUCK Tales
Decisions	Beautification	Division	Interviews
Exercise plan	Maps	Class miles	Research
Nutrition plan	Rivers	School miles	Alphabetizing
School health	Lakes	Total miles	Capitalizing
Hiking safety	State parks	Comparing	Poetry
Street safety	Military parks	Progress/chart	Poet Laureate

TO CREATE THEIR OWN ACTIVITIES FOR WALKING

SCIENCE	*PHYSICAL EDUCATION*	*FINE ARTS*	*FAMILY ACTIVITIES*
Dress/weather	"Fit" walking	Architecture	Recreation
Weather signs	"Active"	Class banner	Family fitness
Nature trail	"Inactive"	Cadence	Family journal
School terrain	Strong heart	Local crafts	Nutrition
State terrain	Strong lungs	Walking video	"Fit Tips"
Color hike	Strong muscles	Montage	Storytelling
Litter pickup	Strong bones	Photography	Newsletter
Nutrition	Cardiovascular	Scrapbooks	School news
Nature sounds	Strength	Art museums	Neighborhoods
Season signs	Endurance	Local plays	Sharing time
Insect homes	Body fat	Concerts	Sharing talent
Animal homes	Growing bodies	Dance	Family DUCKs
Energy sources	Walking games	Textiles	Weekend walks
Ecosystems	Walking events	Hiking songs	Speakers
State science	Walking clubs	Home w/history	Announcements
Zoos	Exercise logs	Mime walk	Festivals
Museums	Walkee/Talkee	Nature collage	Walk w/class
Journal	Sport fitness	Trail signs	Exercise logs
Clouds	Health fair	Bulletin board	DUCK Tales
Trees/plants	Activity night	Illustration	Interviews
Finding seeds	Warm-up	Backdrop/news	Scavenger hunt
Local animals	Cool-down	Mascot designs	Challenges
Poison plants	Stretches	Walking visors	Walkee/Talkee
Forests	Pulse rate	Mileage chart	Challenges
Water	Walk w/a beat	DUCK calendar	Hiking

Keep a record of the group's weekly "Extra Mile" activities. Share these with other groups and with your resource person.

HEALTH	SOCIAL STUDIES	MATHEMATICS	LANGUAGE ARTS
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.
13.	13.	13.	13.
14.	14.	14.	14.
15.	15.	15.	15.
16.	16.	16.	16.
17.	17.	17.	17.
18.	18.	18.	18.
19.	19.	19.	19.
20.	20.	20.	20.

SCIENCE	PHYSICAL EDUCATION	FINE ARTS	FAMILY ACTIVITIES
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.
13.	13.	13.	13.
14.	14.	14.	14.
15.	15.	15.	15.
16.	16.	16.	16.
17.	17.	17.	17.
18.	18.	18.	18.
19.	19.	19.	19.
20.	20.	20.	20.

APPENDIXES

BEST COPY AVAILABLE

D.U.C.K. WALKING BULLETIN BOARD

The bulletin board should be highly visible and accessible - perhaps near the cafeteria area. Here is a place to keep a running tally of school mileage and a record of walking achievements. Highlighted should be the week's imaginary tour, fitness information, and health tips. The tour can feature maps, postcards, brochures, photographs, posters, newspaper articles, or reports. These are available in local newspapers, bookstores, South Carolina magazines, and from the South Carolina Division of Tourism (P.O. Box 71, Columbia, South Carolina 29202).

To ease the obligation of the bulletin board, assign each class responsibility for at least one week during the school year. Have an after-school D.U.C.K. Club for students to help or devote a staff/volunteer meeting to organizing the bulletin board for the year. Suggestions follow: (1) Cut fifteen sheets of poster board in half. (2) For the thirty weeks, take the thirty sheets of poster board and divide them among the teachers/ volunteers/D.U.C.K. Club. (3) From the manual, duplicate the weekly health lessons and the tours. (4) On each weekly poster, rubber cement items, along with brochures, post cards, etc. Laminate. Post mileage and accomplishments.

D.U.C.K. WALKING AT

WOODLAND HEIGHTS ELEMENTARY

WEEK _____ **DATE** _____

TEACHER	CLASS MILES	AEROBIC TIME	VOLUNTEERS	ACTIVITIES

D.U.C.K. SOUP:

ANYTHING EASILY DONE

Teacher	Successful "Extra Mile" Topics
Mrs. Williams (Second Grade)	Healthy bodies and minds; Weather changes; Fall beginning; Fall signs; Sharing with a friend; Cooler weather; Leaves falling to the ground; Stuffing paper pumpkin with leaves gathered on walk; Discussing the voters we saw on Election Day; Getting back into a regular fitness program after Christmas.
Miss Sinclair (Kindergarten)	Discussing fitness for kindergarten; Field trip walking at F.E.N.C.E.
Mrs. Bogan (First Grade)	Finding seeds; Observing the signs of Fall; Observing changes in the weather; Dressing for the weather.
Mrs. Cunningham (First Grade)	Moving body parts; Observing the earth - high and low levels; Checking heart beats before and after D.U.C.K. Walking; Warming-up; Stretching; Exercising.
Mrs. Bell (Third Grade)	Looking for leaves and seeds we studied in a filmstrip; Walking on nature trail to look for plants responding to stimuli and for plant adaptations; Social Studies (studying Indians) - "Indian Walking Game".
Mrs. Phillips (First Grade)	Science and Language Arts - "I see..." (five senses); Health and Science - keeping healthy (hearing); Health - stressing the importance of keeping the heart healthy; Science - nature trail (gathering items for a nature collection); Science - talking about color of leaves (the changes that have occurred since D.U.C.K. Walking at the beginning of the school year and now); Health - emphasis on improving our walking time; Safety - emphasis on not playing in line while walking.
Mrs. Bragg (Third, fourth, fifth grades)	Walking field trips; Looking for seeds; Walking for fitness; Nature scavenger hunt; Remembering what we saw while D.U.C.K. Walking; Aerobic walking ("hard" exercise); Bird watching; Walking the nature trail to observe the signs of Spring; Observing the changes in the trees.

Teacher	Successful "Extra Mile" Topics
Mrs. Poag (Third Grade)	Walking the nature trail and discussing plant responses; Using the D.U.C.K. Walking bulletin board to discuss upcoming field trip to Walnut Grove Plantation; Identifying signs of Fall; Identifying seeds on the nature trail; Indian Walking Game; Collecting colored leaves for a writing lesson; Walking backwards part of the way; Discussing facts and opinions using the D.U.C.K. Walking bulletin board; Walking the nature trail to discover signs of animals.
Mrs. Burgess (First Grade)	Mapping the nature trail; Discussing fitness walking; Identifying animal homes; Identifying early Fall signs; Discussing the weather; Discovering animal tracks; Looking for signs of winter.
Mrs. Bogan (First Grade)	Discussing wind; Observing the wind and watching the leaves blow; Using listening skills; Observing the changes in trees; Counting "100 Steps" to observe distances; Discovering opposites (i.e hot/cold, in/out, short/long).
Mrs. Hooker (Fifth Grade)	Walking as a stress reducer; Discussing and calculating resting heart rate and active heart rate.
Mrs. Williams (Second Grade)	Gathering sticks to construct log cabins; Discussing the relationship between exercise and a healthy diet; Walking the nature trail and looking for insects.
Katy and Lee (Fourth Graders)	"We counted 2,000 steps on our D.U.C.K. Walk!"
Mrs. Cunningham (First Grade)	Observing the moving air; Warming-up and cooling-down; Adding up the total number of miles we each walked today (on the board); Observing differences in the paved areas; Observing dirt washed by the rain; Observing likenesses and differences; Observing the properties of the ground and sky.
Mrs. Phillips (First Grade)	Observing the evergreens; Walking the nature trail to identify the seasonal changes of Spring as they contrast to Fall and Winter observations; Observing the moss along the nature trail.

D.U.C.K. TRAILS:

LEARNING ABOUT THE SCHOOL GROUNDS

Here is an example of the information provided to Woodland Heights Elementary School in Spartanburg, South Carolina. Teachers were also given maps of the routes.

The four routes that follow offer a variety of D.U.C.K. Walking experiences. Some of these routes will be marked with a chalk line to facilitate walking with younger students. Some routes begin at the horseshoe bench in the front playground area. Here may be a good spot to have students sit while the teacher discusses the fitness walking lesson and/or the "Extra Mile" activity.

The easiest route to follow is the one that circles the front field. Five laps will equal one mile. For mornings or days when the ground is wet, try the "dry mile." This route includes sidewalks, driveways, and St. James Drive. As always, be careful on and near the roads. Three laps on this dry path will equal one mile. For adventure and variety of learning experiences, try the two different routes that include the nature trail. Prepare students for safety and for leaving the trail as they found it - unless, of course, they wish to collect litter. Please report safety hazards along any route.

D.U.C.K. CALL

Our Goal: 12,000 Miles!

As of May 20, we have walked 12,024 miles!

Fifth Grade: 1423 mi.
Conner: 675 miles
Revan: 318 miles
Hooker: 215 miles
King: 215 miles
Fourth Grade: 1486 mi.
Gable: 351 miles
Grizzle: 725 miles
Boyd: 410 miles
Third Grade: 1470 mi.
Stewart: 640 miles
Bell: 443 miles
Poag: 387 miles
Second Grade: 1213 mi.
Pitts: 205 miles
Williams: 654 miles
Porter: 356 miles
First Grade: 1939 mi.
Bogan: 396 miles
Burgess: 468 miles
Phillips: 504 miles
Cunningham: 571 miles
Kindergarten: 1966 mi.
Thigpen: 688 miles
Miller: 674 miles
Gleason: 604 miles
Mrs. Bragg's: 527 mi.
Running Club: 435 mi.
Volunteers: 1343 mi.

Rallies: 220 miles
May 11, K-2 Families
May 12, 3-5 Families
May 13, Staff Walk

Oct. 19, Cowpens Nat'l Military Park
May 16, Kings Mountain Nat'l Military Park

PHYSICAL EDUCATION AND SPORTS WEEK

Physical education at Woodland Heights Elementary School is the development of both skillfulness and health-related fitness. The goal of the many physical activities at the school has been to teach and encourage skilled young movers to be confidently active in their daily lives. National Physical Education and Sports Week gave students, parents, staff, and community a chance to see that Woodland Heights Elementary values and takes time for physical activity, an important part of a child's elementary education.

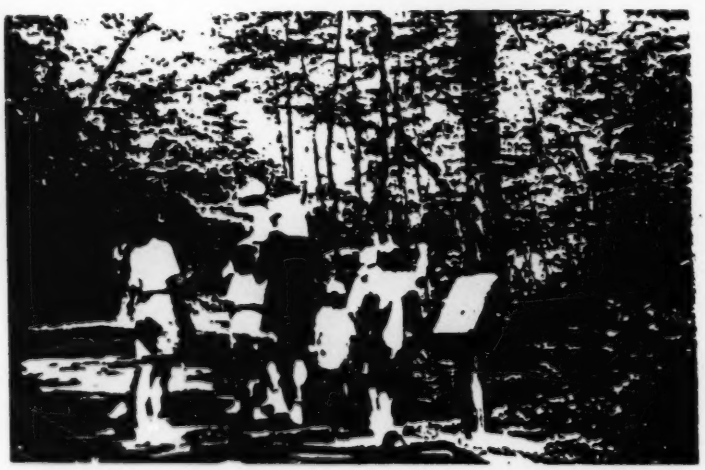
Some of the events were especially planned for the week; however, most of these events were activities that the school conducts on a weekly basis. These activities included the following: the morning activity called P.E.R.K., Physical Exercise Revives Kids; P.E. classes using twenty-five minutes of P.E.R.K. songs; the entire school exercising simultaneously with five million other American children nationwide (A.C.E.S.); Sports Night for third, fourth, and fifth grades; and performances by the P.E. Club and Music Visions.

On Monday, Tuesday, and Wednesday, the school conducted walks on the D.U.C.K. walking course for students, staff, families and friends. Over 140 people walked one and one-half miles each. On Saturday morning, families traveled to Kings Mountain National Military Park. The Catawba Militia were encamped for the weekend so there were demonstrations of military and family life during the Revolutionary Period in the Upcountry. The firing of the muskets and rifles was an added bonus. Families viewed the film "Kings Mountain, the Turning Point in the South," visited the museum, walked the beautiful one and one-half mile trail, and picnicked in the State Park.

All together, over 600 students, parents, staff, families, and friends enjoyed the week's physical activities.

SCHOOL AND FAMILY WALKING

The two goals of D.U.C.K. Walking work best when the school involves the families. The first goal is to promote regular walking as a fun way to exercise at any age. The second goal is to emphasize that good health begins with the help of family, friends, and school. Successful walking activities for Woodland Heights Elementary School have been the following: parents helping teachers D.U.C.K. Walk each week, a family newsletter (*D.U.C.K. Call*), family D.U.C.K. Walking hikes and picnics (to sites studied in the D.U.C.K. Walking manual), and afternoon D.U.C.K. walks at the school.



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FAMILY D.U.C.K. WALKING DAY:

COWPENS NATIONAL BATTLEFIELD

There will be a Woodland Heights Family D.U.C.K. Walking Day on October 19 at Cowpens National Battlefield. The park is located at the intersection of Highways 110 and 11, three miles east of Chesnee and eleven miles west of Gaffney, South Carolina. Plan to meet other Woodland Heights families at the Visitor's Center at 9:45 A. M. Please dress for the weather and walking. In case of rain, the alternate walking day is October 26. You may wish to make arrangements to carpool; however, every child must be with a family.

We will first see the multi-image slide presentation entitled "Daybreak at the Cowpens." The twenty-two minute show depicting the events of the battle was filmed at the park. The fee is $.50 for each person. If there is time available, the park service will give a cannon demonstration.

At 10:45 A. M., we will walk as a group on the partially paved 1.3 mile trail which includes wayside exhibits, the 1856 Washington Light Infantry Monument, and the historic Green River Road which was the centerline of the battle.

After the group walk, there are a few options. Families may wish to walk the trail again and read or listen to the wayside exhibits (45 minutes). For the adventurous, there is the 3.8 mile auto tour road. Families can walk the perimeter of the battlefield which includes wayside exhibits, overlooks with short trails to the Green River Road, and the 1828 Robert Scruggs Log House. Whatever they choose, **families must stay together.** There can be no unattended children.

At 12:00 P. M., families will reassemble at the picnic area to have lunch as a group. Please bring everything that the family will need for their own picnic. The picnic area is located one mile down the tour road. The area provides parking, a few picnic tables, and restroom facilities. Bring folding chairs and tables if you wish. (The shelter is not available.)

In order to make plans at the Visitor's Center and picnic area, we must know about how many will attend. Please complete the form and return it to the homeroom teacher by October 4.

In the Spring, we will D.U.C.K. Walk at King's Mountain National Battlefield. A tentative time is the end of April. If you can not join us on October 19, then we hope to see you at King's Mountain.

Child's Name _____ Homeroom Teacher _____

_____ Yes, #_____ family members will attend the walk.
_____ Yes, #_____ family members will see the film.
We understand we will pay $.50 each.
_____ Yes, #_____ family members will need picnic space.

DISCOVER AND UNDERSTAND COMMUNITIES, KIDS, BY WALKING: WRITING ABOUT OTHER STATES

The sample form and the example that follow illustrate how states can have their own D.U.C.K. Walking programs. Let this be a project prepared by children and their teachers.

State _____

If the state is large enough to divide into regions, then select the number and names of distinct state regions.

Region _____

Begin with one point of origin in each state region. Map out thirty weeks of tours for the region based upon a walking distance of about twenty-five miles (i.e. one mile for each student in the class). For each region, begin with the origin, make a circuit tour, and return to the origin in that region.

Regional Tour Week # : _____

_____

Communities, parks, places of interest: _____

_____

_____

_____

Information about the tour:

_____

_____

_____

_____

_____ (Complete on another sheet.)

WRITTEN BY: (Class name by teacher and grade level)

FAVORITE WALKING ACTIVITIES:

REFERENCES:

EXAMPLE

South Carolina Region Upcountry

Regional Tour Week Twenty: Keowee-Toxaway State Park and the World of Energy

Communities, parks, places of interest (Check Allen de Hart's South Carolina Trails for information about walking in each tour.)

Keowee-Toxaway State Park
The World of Energy

Information about the tour:

Keowee-Toxaway State Park is located in an area that was once the center of the lower Cherokee Indian civilization. Extensive archeological diggings were done prior to the flooding of the area in forming Lakes Keowee and Jocassee. Indian artifacts are on display in an interpretive center and kiosks (small, open buildings) along a short and easy 0.3 mile trail.

The World of Energy is located next to Oconee Nuclear Station, a three-unit plant producing 2.6 million kilowatts of electricity. Everyone can experience energy through movies and games. The World of Energy offers displays that explain how electricity is produced by the power of the atom, by water, and by coal. Here along the shores of Lake Keowee are picnic tables and a 0.5 mile nature trail.

WRITTEN BY: Mrs. Hooker's fifth grade science class

FAVORITE WALKING ACTIVITIES:
DOUBLE DUCK (walking with a friend)
Walking aerobically between DUCK HEAD (our student leader) and DUCK TAIL (end leader)

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STAFF WALKING

Staff Walks provide an established time for adult walks. These walks may be the beginning of a wellness program for many schools. Staff members walk and then begin to share their enthusiasm with the rest of the school. If staff members already walk with classes once weekly, then the Staff D.U.C.K. Walk gives them another workout for the week. An added advantage may be the company of adults. To maintain a regular walking schedule, the staff may wish to organize themselves as a club to provide encouragement, incentives, and support.

WORKSHOPS, GAMES, AND AWARDS

Walking for Little Children and *Walking Wellness* by Robert Sweetgall and Robert Neeves offer creative walking workshops, games, and awards. Workshops include the following: a walking field trip, aerobic walking, the Straw Walk, Teamwalks, Walking in Rhythm, Posture Walk, Walking Calories, Meal-Walk, Walking Off Weight, Tobaccoless Road 1 & 2, Your Planet Earth, Dealing with Stress, A Walk Across America, Self-Improvement, and Your New Walking Program. Games include Our Walk Across America, Cross-Country Pen-Pals, The Piggy Bank Game, and Walking Balloons. The authors also discuss creative ideas for rewarding children for their walking accomplishments.

SOUTH CAROLINA'S WALKING NETWORK

There are many schools all over the state of South Carolina that have excellent walking programs. For example, a creative walking activity called "Walk with the Principal" originated with Ray Wilson at Parker Elementary School in Edgefield, South Carolina. Nearly 1,200 children and teachers were motivated by one principal's plan to commit 30 minutes of his week to walking with students. Sandra Weigle, K-5 physical education teacher in York #5, has given many school walking presentations to help teachers in South Carolina, as well as the Southeastern United States. Her walking books are now available.

<u>For More Information</u>: For information concerning building a school nature trail for a walking program, contact The Center for Health Promotion, South Carolina DHEC in Columbia, South Carolina.

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Here you are at the end of the book.

Just because you have reached the last page

does not mean you should stop D.U.C.K. Walking.

The good thing about D.U.C.K. Walking is

that there is so much to learn about South Carolina.

Experience the Upcountry, the Midlands, and the Coastal Region.

Enjoy the health benefits of walking.

Share time with your family and friends.

Remember that you can always learn something new on a walk!

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